

GUIDE TO STYLE INSIDE!

Men's Health

OCTOBER 2015 | ₹150

THE MAGAZINE MEN LIVE BY

The Men's Health Guy

**KARAN
SINGH
GROVER**

"Sporting a six-pack
is not the parameter
to judge one's
fitness." p50

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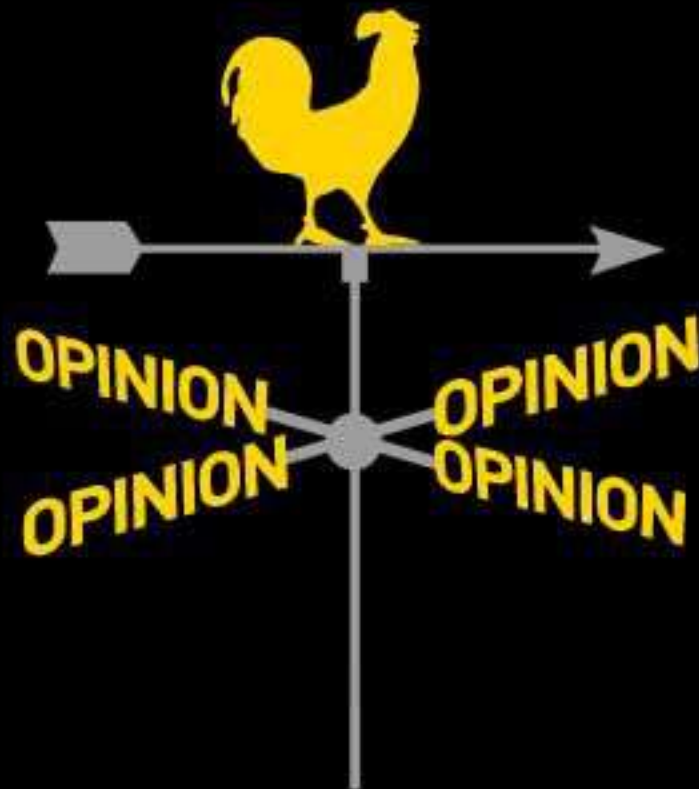
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The 18-page supplement brings information and insight on metabolic and bootcamp training, a gym review and verified techniques to muscle up.



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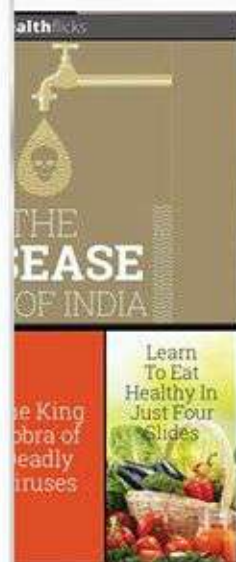


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ON THE COVER

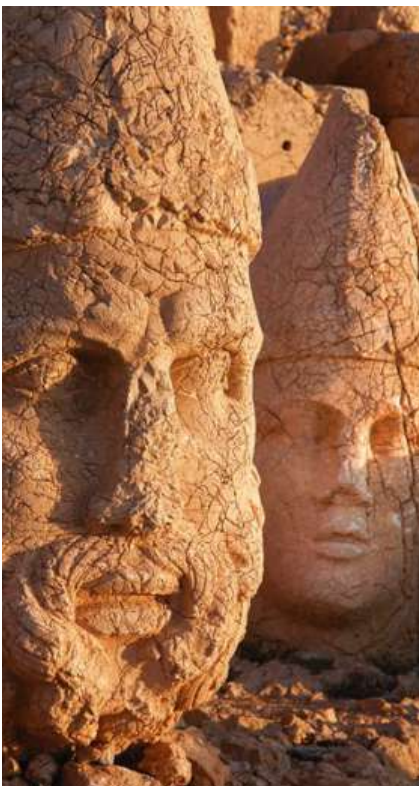
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HOW TOP EXPERTS STAY STRONG AND HEALTHY

ON CALL THIS MONTH THE ALTERNATIVE MEDICINE EXPERT

DR ISSAC MATHAI

An internationally renowned health expert, **Issac Mathai** has rubbed shoulders with everyone from US president Barack Obama to Prince Charles and the Duchess of Cornwall, Camilla Parker, to our very own PM Modi. Hailing from a long lineage of homeopathy practitioners that spans more than five decades, Mathai is also the founder, chairman and managing director of SOUKYA, an international holistic health centre in Bengaluru, which practices different systems of medicine like Ayurveda, naturopathy and yoga therapy. He introduced alternative healthcare to the world and has authored bestsellers like *Holistic Healing* and *Venus Rising: Surpassing Toxic Love*.

ARUSHI SHARMA



HOW I REJUVENATE HOLISTIC TREATMENTS

Twice a year, go on a meditation trip in India or abroad. Once a year, try and undergo holistic treatments (like Ayurveda, naturopathy and complementary therapies) for two to three weeks for rejuvenation, anti-ageing benefits and detoxification.



HOW I FIGHT STRESS MEDITATION

Meditation and various breathing techniques always help, along with not overdoing anything. Use logic and prioritise during stressful situations.



THE THERAPY METHOD I SWEAR BY PANCHAKARMA

Panchakarma is a rejuvenation and anti-ageing programme from Ayurveda, which is the most effective treatment for any ailment. I undergo this once a year; it is very important, especially for those above the age of 40.

HOW I STAY FIT YOGA

I perform aerobic exercises and yoga three times a week. I also try to strike a balance between my work, personal and social life. Focus and balance are the need of the hour.



ALTERNATIVE MEDICINE

Isaac Mathai

Dr Isaac Mathai carries the legacy of a family that has been into homeopathic practice for more than half a century. He is the chairman of Soukya International Holistic Health Centre, Bengaluru.

Farokh J Master

Dr Farokh J Master, director of the Homeopathic Health Centre, Mumbai, and author of over 36 books, including several bestsellers, has taken homeopathy to a level previously unseen.

NUTRITION

Mary Ellen Camire, PhD

Dr Mary Ellen Camire, PhD, a food-science communicator for the Institute of Food Technologies, is a professor of food science at the University of Maine, US.

MENTAL HEALTH

Rajesh Parikh

Dr Rajesh Parikh, a poet, painter, photographer and one of India's leading neuropsychiatrists, has won over 200 awards and published numerous scientific papers in international journals. He is associated with Jaslok Hospital, Mumbai.

EXERCISE SCIENCE

PV Jayasankar

Dr PV Jayasankar is a Chennai-based orthopaedic surgeon who brought exercise science as a speciality to the centrestage and aims to spread the science all over the country.

DENTAL HEALTH

Sandesh M Mayekar

The man behind the perfect smiles of various Miss Worlds and Miss Universes, Dr Sandesh M Mayekar is one of the world's top practitioners of aesthetic and cosmetic dentistry. He maintains a multi-speciality dental practice at Craniofacial Aesthetics in Mumbai.

UROLOGY

Larry I Lipshultz, MD

Larry I Lipshultz is the chief of the division of male reproductive medicine and a professor of urology at Baylor College of Medicine in Houston.

CARDIOLOGY

Sharukh Golwalla

Dr Sharukh Golwalla is a consultant cardiologist at Mumbai's Breach Candy and Jaslok Hospital and has co-authored four books with his cardiologist father Dr Aspi Golwalla.

Prediman K Shah

Dr Prediman K Shah, director of the division of cardiology at the Oppenheimer Atherosclerosis Research Center at Cedars Sinai Medical Center in Los Angeles, has published over 500 scientific papers and is a professor at the UCLA School of Medicine.

DERMATOLOGY

Shrilata Trasi

Dr Shrilata Trasi, one of the first Indian women to take up dermatology as a profession, is a consultant at Hiranandani Hospital, Mumbai, and has Shahrukh Khan and Madhuri Dixit Nene among her clients.

SPORTS MEDICINE

Anant Joshi

Dr Anant Joshi, a nationally recognised arthroscopy expert, is a consultant with Bombay Hospital and Medical Research Centre. He is also a sports medicine consultant to the BCCI.

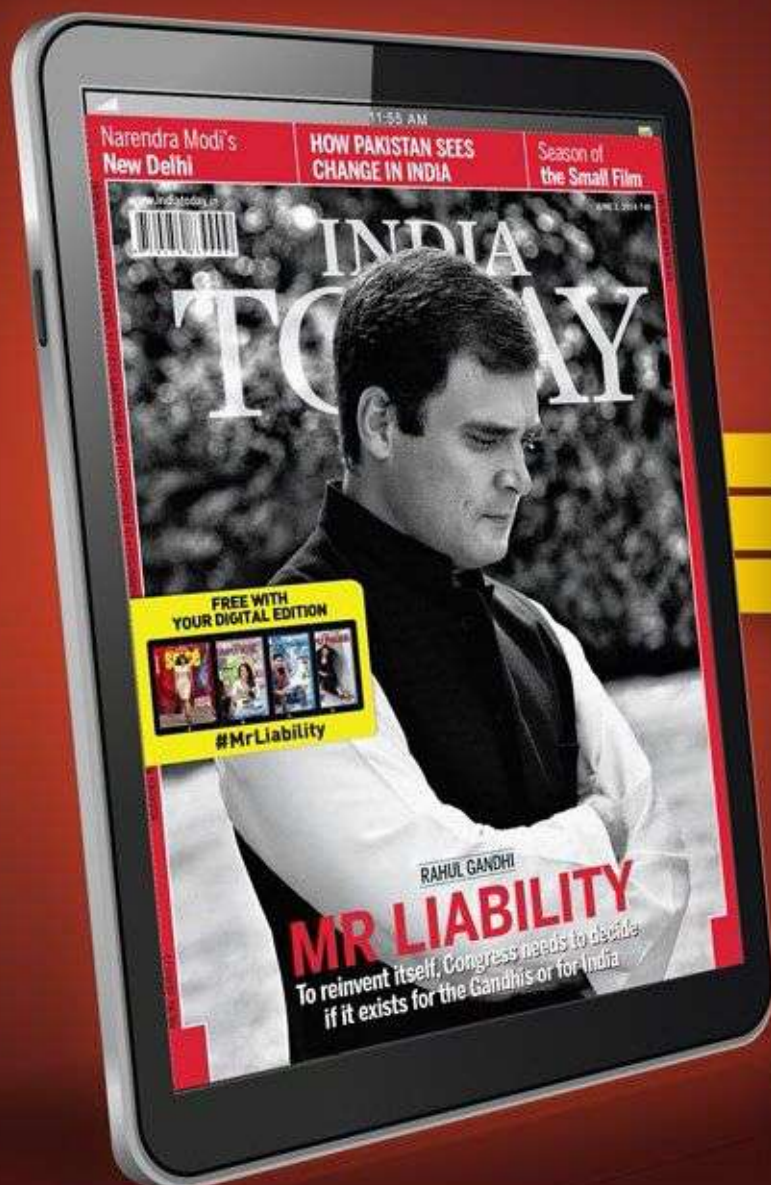
WEIGHT LOSS

Muffazal Lakdawala

Dr Muffazal Lakdawala, a specialist in laproscopic weight loss surgery, is the founder of Centre for Obesity & Diabetics Support and is the vice-president of the Obesity Surgery Society of India.

SEND IN YOUR QUESTIONS TO THE EXPERTS at menshealth@intoday.com or WRITE TO MEN'S HEALTH, India Today Mediaplex, FC - 8, Sector 16/A, Film City, Noida - 201 301

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What's Sex Got to Do With It?

Welcome to our most sexually-charged issue of all time

Is it true that men have one track minds? That, at the end of it, everything we think about boils down to the three-letter word called S-E-X? To answer that question with another three-letter word: Y-E-S!

The issue you hold in your hand is a good case in point. No, this isn't *Men's Health's* annual Sex Special, where women tell us what they want in bed, and leave us with no clear answers. There isn't a sex survey in here either, nor are there shock-value stories that erode sensibilities. What this magazine holds is a *Men's Health* patent: Tons of useful stuff that will guide, inspire and motivate. How it also aligns itself to man's primal obsession, is what you will soon discover.

A must-read is our superbly researched story, Testosterone For Sale (p100). Just like women use breast implants to boost confidence, men are lining up to buy doses of the male hormone that claims to keep them younger, stronger and virile for longer.

Then, there's our Game Show (p25), that puts three Indian men on the spot and analyses their lifestyles. Who will wither away, go limp and embarrass himself first? And how can you keep going forever...?

What happens in the male brain when it first spots an attractive woman? Then, what happens to his body and instincts? Find out on p27.

Also in these pages, you will find eight of the newest fitness gadgets reviewed and ratified (p59). Which are worth your money and attention?

An exclusive new workout will teach you how to feed your vanity muscles and fill your T-Shirt with muscle (p116). And our special Guide to Style will show you ways to never make a fashion mistake (again, that is!)



Read on and remember: Being passionate is an important characteristic of being a man. Quite like being fit and always in control. Enjoy!

J.S.

JAMAL SHAIKH

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SANDEEP GIANCHANDANI | PAGE 32

When he's not working his washboard abs, former *MH* cover guy Sandeep can be found following developments in the financial world and stock market. He loves to travel and has a keen interest in cooking exquisite international cuisines.

Hi Sandeep, what's the most common grooming mistake that Indian men often make?

Wearing very tight clothes. Just because one works out regularly and has a good physique doesn't make it mandatory for that person to wear excessively tight clothes.



ADITYA ARORA | PAGE 124

Aditya has earned various certifications in Les Mills Body Pump and Les Mills, CXWORX, BOSU and TRX. He is also known for transforming physiques of renowned television news anchors. Out of his training routine, Aditya loves watching mindless comedy movies and reading nonfiction books to unwind.

So Aditya, tell us what according to you is the biggest fashion/grooming mistake made by Indian men?

Not taking regular showers, and then making it worse by wearing too much perfume or cologne to cover it up. Both are necessary, and the latter needs to be worn in moderation.



PRIYAMVADA KOWSHIK | PAGE 15

Priyamvada Kowshik is the executive editor of *Women's Health*, and a new columnist in *MH India*. She's also a budding photographer and a self-proclaimed sustainability snob.

Hi Priyamvada, what's the biggest grooming mistake Indian men make? How can we fix it?

Moisturise! A really basic habit that women's magazines spend half their column space on. It's one that dermatologists can't stress enough, and your girlfriend will really appreciate. A man's skin needs the same TLC as a woman's!



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PROTEIN SHAKES AREN'T WORKING FOR ME. SHOULD I DITCH THEM?

PIYUSH DESHPANDE, PUNE

Sports supplement companies make some big claims, and most are perfectly reputable. But not all shakes are Miracle-Gro for your muscles. Rule one: Cheap is generally not cheerful. Bargain mixes tend to be higher in fats and lactose. "The key to a decent product is its range of amino acids," says Deckline Leitao, *MH* fitness advisor. "Quality mixes will contain plenty of the EAAs (essential amino acids) and BCAAs (branched-chain amino acids) that are crucial for growth."

Whey powder is favoured by most pros, in part due to its high levels of muscle-pleasing leucine, isoleucine and valine. *MH* is a fan of Monkey Nutrition's X-Blend. If your gut's no good with dairy, consider that research from the International Society of Sports Nutrition, which shows plant protein blends can be just as effective. We recommend trying Lean Pea Protein (₹1,900, amazon.in). There's no shortage of options if you're willing to experiment. Do it your whey.

POWDER TO THE PEOPLE

Follow these rules to get more muscle from your shakes

WHAT?

After you've checked for BCAAs and whey, make sure your powder contains dipotassium phosphate, or buy it as an additional supp. It'll improve your endurance and accelerate repair.

HOW?

Choose a stainless-steel shaker to avoid BPA and lingering bacteria. They look better, smell better and cool quicker in the fridge, which is ideal for summer.

WHEN?

Pre- or post-gym? Both, says nutritionist Jeff Volek. Down half a shake 30 minutes before you work out, the rest half an hour after. Splitting your shake will take the pains out of recovery.

I have a job where I sit for a majority of the day. Does this undo the benefit of my morning workout?

SHRAY SINGHAL, MUMBAI

You already know that a sedentary lifestyle can inch you closer to the 6ft under, especially if your desk chair sees more action than you do. But the good news is that when it comes to gaining muscle, a six-to-seven hour rest period (though your boss would rather you call it work) after a session is actually a good thing.

Multi-joint exercises require longer recovery times than smaller moves, says exercise scientist Jonathan Mike, which means an hour spent on deadlifts and squats before 9 am can turn the negative effects of sitting into a plus. To ensure your gains aren't squashed when you sit, do resistance moves at 65 per cent of your 10-rep max, keeping reps as slow as possible — then build size from your seat. All in a day's work.

After I drop some weight, I always somehow end up at my starting weight. What gives?

RAUNAK SINHA, GURGAON

The reason you keep rebounding is something called set-point weight: This is the weight that your hormones and metabolism try to maintain—typically minus or plus 5kgs—in order to regulate fat stores. Starvation or dieting conserves fat. When you cut your calorie intake, your metabolism slows to compensate and your body releases more appetite-boosting hormones, such as ghrelin. Luckily, there's a single way to combat both reactions: Intense exercise. A British study found that resistance training combined with interval training, can raise your metabolism for up to 24 hours after you stop exercising. To successfully keep weight off, exercise seven hours a week (or about 3,300 calories' worth of activity), combining strength training in intervals. Along with a diet low in refined carbs, this approach can also improve your insulin sensitivity, so your body stores less fat.

AM I NORMAL?

MY MUSCLES TWITCH FOR AGES AFTER A HEAVY LEGS SESSION. DOES THIS MEAN I'M PUSHING MYSELF TOO HARD?



FIGHT THE TWITCH WITH BALANCE

PRATEIK BHARADWAJ, AHMEDABAD

Are you nervous? Science suggests you might be. Going hard too often in the gym can cause jerk reactions—or twitching—due to increased irritability in your nerve endings, according to Stanford University neurologist Joanna Dearlove. But don't worry, because it's actually pretty common and simple to fix. Ensuring that you stretch and rest well wouldn't go amiss, but it's also key that you keep your electrolytes balanced as they're integral to both your muscle function and nerve impulses. A crafty combination of magnesium supplements and acupuncture should do. Bonus: These two also act as a superset for muscle development.

● NORMAL ○ WEIRD

I shave in the morning, but have a 5 o'clock shadow when it's time for my evening meeting. Is there any way to slow the stubble?

ARUSH LAKHANI, INDORE

Rather than trying to put the brakes on beard growth, stop giving it a head start. You probably aren't shaving close enough in the am making it seem like your facial hair grows back faster than everyone else's. Revamp your routine, starting with what you do before bringing the blade to your face.

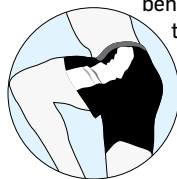
"Preparation of the beard is the most important thing," says Deepti Shrivastava, a Delhi-based dermatologist. That means showering first to soften the scruff. Next, create a sticky surface by using pre-shave oil, followed by a super-lubricating shave gel like Tend Skin Air Shave Gel (₹1,740, amazon.in). As for the razor, the number of blades is less important than how often you replace them: About every

10 shaves. A razor loses five per cent of its sharpness after every shave, so after 10 shaves half of its sharpness is gone. Given your hardy growth, best to toss that razor into the bin.

I've heard a firm butt is what women are into. What're the best activities for the glutes?

PARDEEP RATHORE, NEW DELHI

Step-up your workouts—literally. Doing the eccentric dumbbell step up makes your glutes work overtime because it focuses on the lowering part of the exercise and not the lifting, says Leitao. "Your muscles can handle more weight during that phase, which can lead to greater muscle gains." Besides the cosmetic benefit, you're also activating



the biggest muscle in your body, plus boosting your metabolism. Three sets of six reps on each side, three days a week should do the trick.

ONE-WORD ANSWER

What's the most common cosmetic fix for men?

RHINOPLASTY

60 per cent of the Indian cosmetic surgery market is dominated by rhinoplasty — in layman's terms, nose jobs, according to Dr Anup Dhir, senior consultant, Apollo Hospital, New Delhi. But at what cost? A rhinoplasty can set you back anything between ₹40,000 to ₹2 lakhs. "A surprisingly high number of men are not happy with the way they look. And they are not shying away from getting the areas fixed. As a result, 40 per cent of my clients today are men."

ASK THE GIRL NEXT DOOR

BY PRIYAMVADA KOWSHIK
Executive Editor, Women's Health

Q Secure It
When my girlfriend has a little too much to drink, she starts to flirt with her guy friends. How do I make her stop?

—KESHAV DUTT, CHANDIGARH

I'm not in favour of 'stopping' people from doing something. I think a very important aspect of building a strong and loving relationship is to let people be. What matters is how loyal and loving your girlfriend is to you—when high on spirits or sober. And whether you're being the fun person she wants to be with. Her guy friends provided a 'safe place' that existed even before you got into the picture, so relax, and tell her how awesome she is instead of behaving like an insecure boyfriend.

SCENT OF A WOMAN

I've been dating this girl for two months and everything's great... except her underarms smell. How do I tell her?

—ATHARV GAUR, KOLKATA

Bad personal hygiene can be a great turn-off. And discussing it with the person takes a certain degree of comfort. But remember that ultimately your suggestion is in her best interest, and she'll know that if you're thoughtful, put forth your concern with a dose of self-deprecating humour. Then buy her a sexy new perfume. Don't embarrass her or make it an issue, and she'll get the hint and perhaps even thank you for it!

Get your relationship problems answered by Priyamvada. Write to her at menshealth@intoday.com



TELL MEN'S HEALTH...

WHAT **MH** READERS SAY THIS MONTH

50 SHADES OF SEXY QUESTIONS...

Your story 'What Men Can Learn From 50 Shades Of Grey' was a hit-the-spot read. I haven't read any of these erotic books, but I know the obsession they've become amongst women. My question: If it's acceptable for my girlfriend to read erotica, why do I have to lie when I occasionally watch porn?

DG, VIA EMAIL

The new-age *Mills and Boon* seems scary to me. Your story was a fun read, but honestly, if this is the way women are going to take forward their desires, an interchange amongst the "stronger sex" and the "weaker sex" is in the offing.

AMMAR ALVI, VIA EMAIL



HOW TO CONNECT



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KUDOS, DINO!

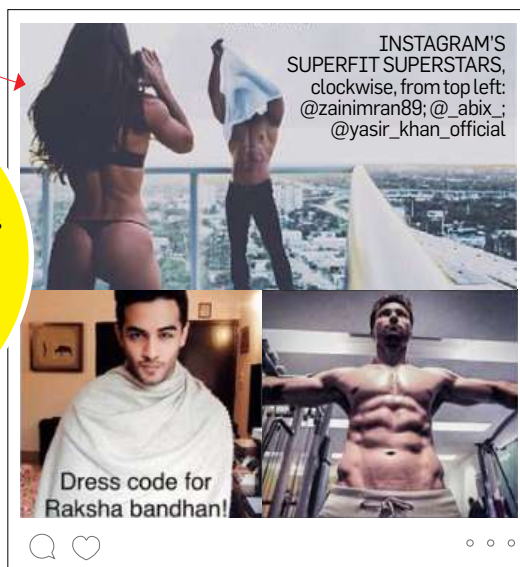
We need more celebs like Dino Morea to use their celebrity-hood to take up causes like fitness. Having a six-pack is one thing, but spreading the message of good health is another altogether.

KEDAR HEDE, ONLINE

INSTA-FAMOUS FOREVER!

As if these guys you featured in your 'Instagram Superstars' story were not famous enough with their tens of thousands of followers already, being featured in *MH* is going to only win them some more. As I went through their pics online, I noted two things: These guys seem happiest with the female attention, especially when the girls are wearing little nothings. And two, if Twitter is for the opinionated, Instagram is for the vain. Am I correct?

ABBAS KHATRI, MUMBAI



INSTAGRAM'S SUPERFIT SUPERSTARS, clockwise, from top left: @zainimran89; @_abix_; @yasir_khan_official



AYUSHMANN'S THE MAN!

I enjoy the level-headedness with Ayushmann Khurrana answers, the silliest of questions that can mess up a man's life. Actors in India are often known to be egoistic, unreasonable and starchy; but through this column, month after month, AK comes across as the go-to "advice giver" I've never had.

PRATHAM NARESH, GUWHATI



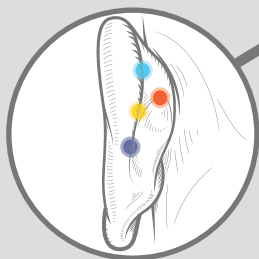
AND POOJA'S OUR GIRL!

You've got to hand it to the forthright Pooja Bedi, whose honest, no-holds-barred answers to the sex column make *Men's Health* a super read for me every time I pick it up. I mean, she actually spoke about what to eat to make a guy "taste better" when his girlfriend goes down on him! She's fantastic!

JASON D, MANGALORE

AH, THAT HITS THE SPOT

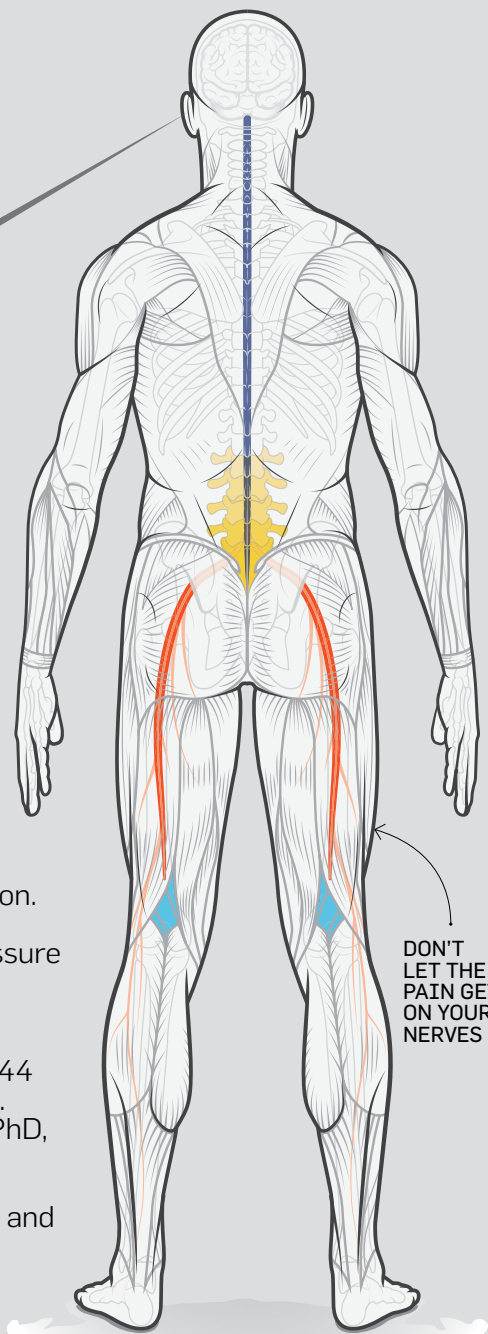
Applying pressure to these points in your ear sends pain-relieving signals down your spine.



● POPLITEAL FOSSA ● SCIATIC NERVE ● LUMBO-SACRAL ● GROOVE OF SPINAL POSTERIOR

GIVE PAIN, AN EARFUL

Back barkin'? Try an aural medication. Recent University of Pittsburgh research suggests that ear acupressure can help relieve chronic back pain. People with the wince-inducing condition who received weekly treatments for a month reported a 44 per cent reduction in their suffering. Study author Chao Hsing Yeh, RN, PhD, explains that ear acupressure may trigger a neural pathway to release fewer pro-inflammatory chemicals and more anti-inflammatory ones.



Avoid A Fleecing

Your bedding may lead to more sneezing than snoozing: Cozy blankets can be a breeding ground for dust mites, an Irish study suggests. When both fleece and cotton were exposed to the microscopic bugs, the plush material attracted 42 per cent more mites than the cotton did. That's because fleece has deep pile fibres that twist and turn, allowing mites to crawl inside and settle there, says study author David Clarke, PhD. To kill them, wash fleece in hot water (at least 55°C) every week or two and line-dry if possible: The sun's UV rays help destroy the mites' allergens.

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PERCENTAGE OF VICTIMS OF SPORTS-RELATED CARDIAC ARREST WHO HAD SYMPTOMS, LIKE CHEST PAIN, WITHIN A WEEK OF THE ARREST
SOURCE: CIRCULATION



CUFF

INSTANT RX

BLOW OFF HIGH BP

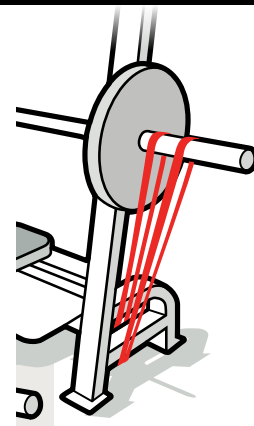
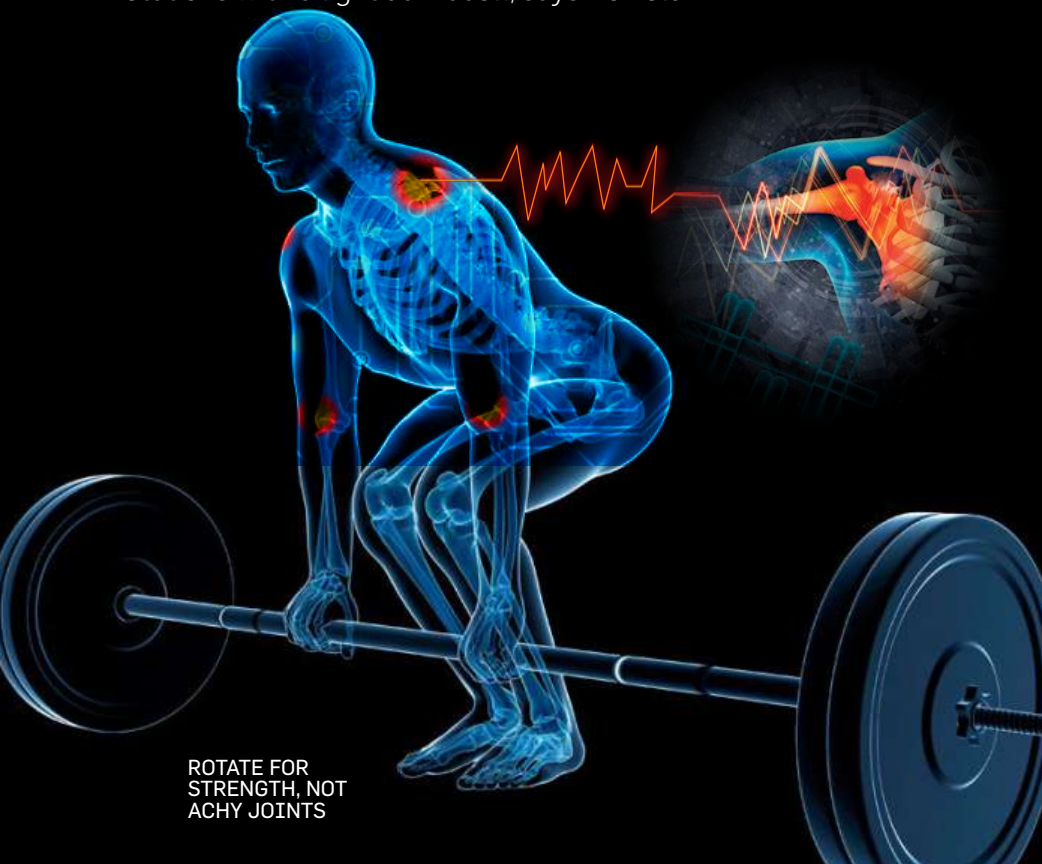
The Symptom Your blood pressure reading is often higher in a doctor's office than at home. Blame white-coat hypertension, a spike in BP brought on by the stress of seeing your MD. **The Prescription** Before you're cuffed, take three to four deep breaths over 30 seconds. In a Croatian study, people who did this lowered their systolic BP by 15 points. Deep breathing slows your heart rate, which in turn triggers the reflexes that control blood pressure to bring it down accordingly, the researchers say.

MUSCLE

BULLETIN

DON'T SMOKE YOUR JOINTS

How's that wing of yours? Overhead exercises may actually weaken your shoulders, suggests a study in the *Journal of Strength and Conditioning Research*. Lifters who pressed weight overhead (doing moves such as the overhand-grip shoulder press) were at greater risk of shoulder instability than men who kept weight below their head, as with a lateral raise. "You need to have really great strength, mobility and stability to safely lift overhead, and most people don't," says Mike Reinold, an athletic trainer and founder, Champion Physical Therapy and Performance, Boston. The study also found significantly fewer problems among the lifters who performed rotator cuff strengthening exercises. Strengthen yours by performing side-lying external rotations with a light dumbbell, says Reinold.



Join The Band

Adding resistance bands to your squat and bench press can help you punch past plateaus. To attach them to a barbell, run a band beneath the lower crossbar at one end of a squat rack or bench. Loop the band's ends around the bar, as shown. Repeat on the other side.

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INTERNAL SECONDS ELITE RUNNERS CUT FROM A 2½ KM AFTER SIX WEEKS OF EXPLOSIVE STRENGTH TRAINING
SOURCE: THE JOURNAL OF STRENGTH AND MEDICINE

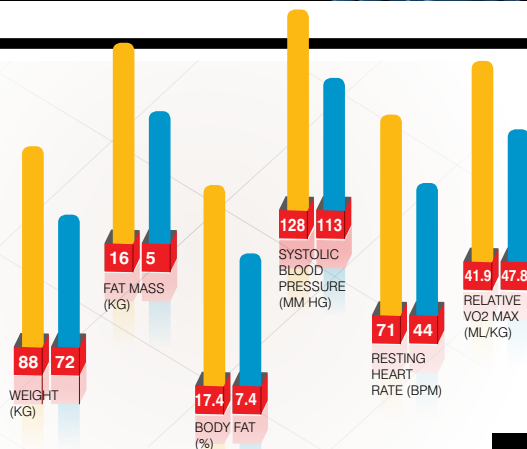
ON OUR RADAR

A Nutrient That Can Shred Abs

Vitamin D might be the secret to uncovering your six-pack. After scientists at the University of Minnesota assessed body fat and Vitamin D levels in hockey players, they found that the players with the highest D levels had the lowest body-fat percentages. "It's not clear if excess fat causes low vitamin D levels or vice versa," says Alan Aragon, a nutrition advisor. Add 1000 to 2000 IU a day of D3.

A BODY BUILDER'S RIPPED REWARD

Looking shredded is serious work. Here's what researchers at the University of Illinois found after monitoring the changes in a steroid-free amateur bodybuilder over 28 weeks, as he prepared for a competition.



MOONRUN

CUSHION + STABILITY

A new running shoe for midweight runners with natural gait, that guarantees lightweight cushioning and maximum stability.



ENERTURN, shock absorption system in multiple-density elastic material which disperses the negative forces of impact and returns the accumulated energy to the runner,



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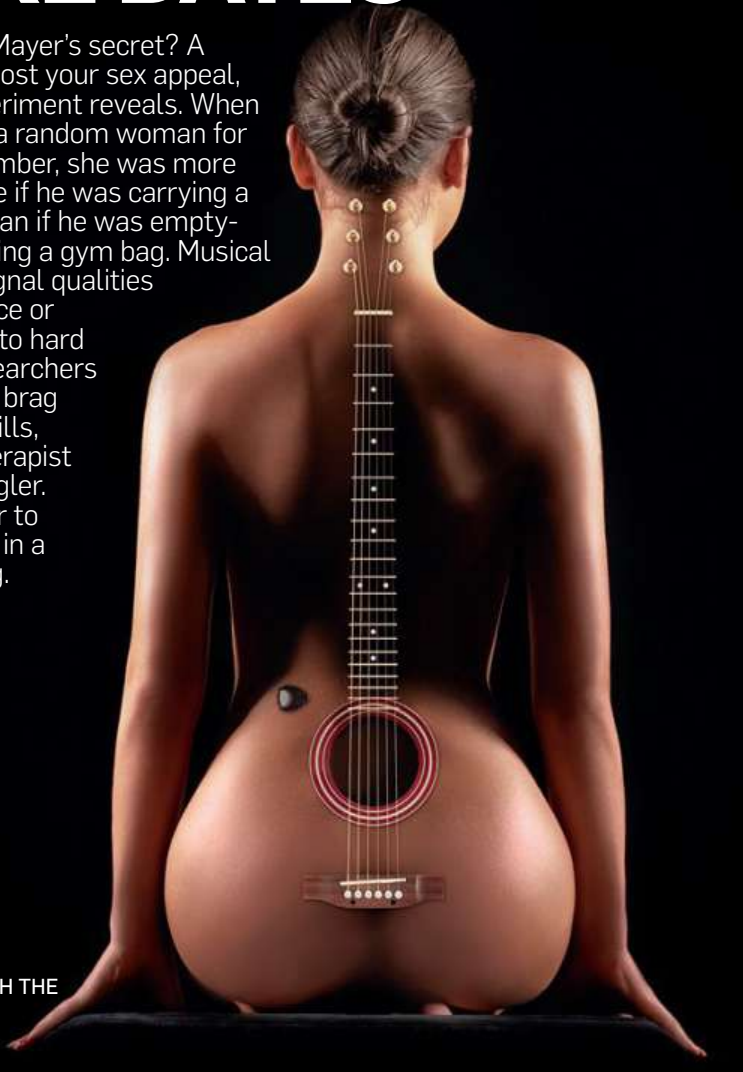
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SEX

BULLETIN

LES PAUL, MORE DATES

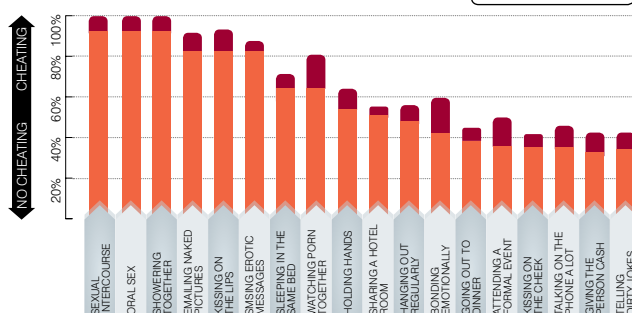
Is this John Mayer's secret? A guitar may boost your sex appeal, a French experiment reveals. When a man asked a random woman for her phone number, she was more likely to oblige if he was carrying a guitar case than if he was empty-handed or toting a gym bag. Musical talent may signal qualities like intelligence or commitment to hard work, the researchers say. But don't brag about your skills, warns sex therapist Dr Brandy Engler. Just invite her to hear you play in a casual setting.



KEY HER IN WITH THE RIGHT STRINGS

IS THAT CHEATING?

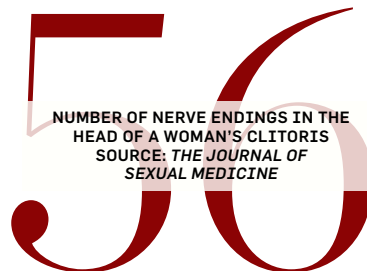
You'd be crushed if she slept with another guy. But what if they shared a meal? "Perspectives on infidelity in a relationship may differ," says Dr Daniel Kruger, whose study examined gender differences in definitions of cheating (see right). Translation: Sometimes dinner is not just dinner.



ON OUR RADAR

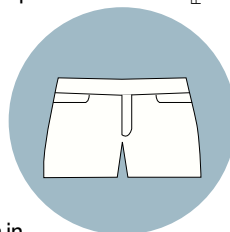
Speak The Same Love Language

You dread the "Where's this going?" talk, but if you put it on the back burner, your love life could go up in flames. A University of Wisconsin study found that couples who disagree about when they hit romantic milestones are less satisfied than those who are in sync about their relationship stages. If you disagree on the history, you may have unintentionally found yourself in a serious relationship, says study author Dr Sarah Halpern-Meekin. So, discuss whether it's a move towards marriage or simply a way to save money.



AIR OUT YOUR DRAWERS

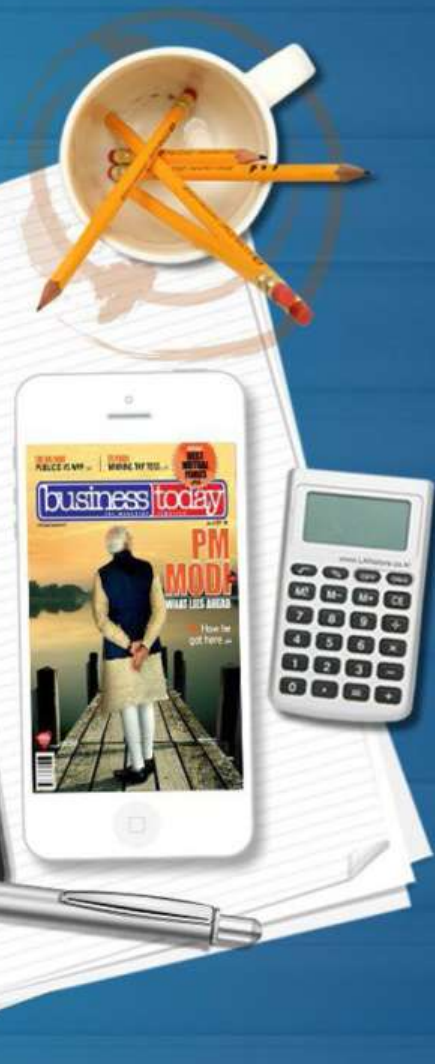
Those polyester boxer briefs may be hurting your swimmers. Men who regularly wear underwears made of synthetic fibres have a lower percentage of normal sperm than those who rarely or never wear them, according to a study from China. The researchers suspect that formaldehyde and other anti-wrinkle chemicals in synthetic fabrics may decrease sweat absorption, boosting the growth of sperm-damaging bacteria in the urethra. So, stock up on boxers made out of breathable, 100 per cent cotton.



PHOTOGRAPHY: LES PAUL... ISTOCK: IMAGING: PIYUSH GARG

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business today

FOR MANAGING TOMORROW

ALPHA

ALL YOU NEED TO LEAD IN L

Seduce Her Without Saying A Word

PSYCHOLOGISTS SAY 80 PER CENT OF ALL COMMUNICATION IS NON-VERBAL, MEANING YOU DON'T EVEN NEED A PICK UP LINE TO SCORE!

PHOTOGRAPHY: BIBHUTI BHATTACHARYA

1/ USE YOUR EYES

The most devastating long-range weapons in your seduction artillery. Glance at your target roughly once a minute for the first five minutes.

"And always look down when you break contact," says body language expert Judi James, author of *Sex Signals* (Piatkus). "Looking down shows you're approachable, reflective, and perhaps shy."

Bonus move Imagine she's a kebab. "A slight softening of the eyes is good," says James. "It's often called the look of love."

2/ USE YOUR CHEST

Coy, romantic and approachable is good. But you need to show you're an alpha male, not a pen pal. "Women are programmed to look at various points on a man's body," says Dr Pulkit Sharma, a Delhi-based psychologist. "And you want to display broad shoulders to create a natural V shape." "The chest is a good way to show her you're a good genetic bet," says James. "Don't make the mistake of puffing it out. Instead, spread your shoulders, making your chest as wide as possible."

Bonus Move Imagine someone's gently pulling on a thread running from your spine and out of the top of your head.



MALE



READ HER BODY LANGUAGE
BEFORE YOU RESPOND

Sleeveless t-shirt, **Forever 21**;
Shoes, **Adidas Originals**

Champion the
verbal game to
score major
brownie points

3/ USE YOUR MOUTH

Moving up close, it's time to switch tactics. "Sticking your tongue into the side of your mouth and pushing out the cheek slightly is a sign of playfulness," says Dr Deepak Juman, Mumbai-based sexologist. Try licking your upper lip in an understated way, too. "It sends out seductive signals. But do this subtly or you'll look like a ventriloquist's dummy."

Bonus Move A full, genuine smile is your trump card.

According to James, this needs to build slowly and linger for about three seconds to be effective.

4/ USE YOUR HANDS

The key to hand-signal seduction is simple: Erect thumbs. "The signal sent out by partially erect thumbs is powerfully sexual," says James. "Women see and take in everything—even if the message is subliminal."

Bonus Move Roll your hands outwards, exposing your palms.

"This says, 'I am open and have no barriers,'" says James.

5/ USE YOUR ARSE

Yes, your humble derriere has a crucial role to play. "By moving it gently backward and forward while talking, you're echoing the act of sex," says James.

Bonus Move "Stand on one leg with the other relaxed and bent at the knee," says James. "Shift the weight to the bent leg and back again, which will give you a natural, rhythmical motion that imitates intercourse."

MASTER THE MOVES
TO BECOME THE
STAR OF THE NIGHT



BEDROOM CONFIDENTIAL

The science of sex, explained
BY POOJA BEDI

Q

Reality Bites

Why do men masturbate more than women?

VIVEK PARIKH, GOA

Because that's how nature intended it! From an evolutionary perspective, men are hardwired to want to orgasm. And just as brushing your teeth should be a regular occurrence, so should be cleaning your pipes. Also, a number of studies have shown that your sex drive is a lot stronger than your girlfriend's. And unlike women, men aren't as concerned with "setting the mood". Like they say, women need a reason, men need just a place!

START AFRESH

My fiancé has never had an orgasm during sex. What should I try?

VARUN VAISH, NEW DELHI

Everything! First, make sure she's relaxed and then, try this: Lay her down on her stomach and rub massage oil on her shoulder and back. Work your way down spending time and effort slowly massaging her bottom and then turn her over to rub oil to every inch of her skin, other than her breast and pubic region. Finally, lick and kiss till both of you have what you need.

From the original Kamasutra girl to a full-time mother of two, Pooja Bedi personifies India's modern age woman of substance. An actor, TV presenter, model and columnist, Bedi's answers speak with a personal honesty few take pride in flaunting

Who Will Go Limp First?

FIND OUT WHICH READERS' SEX LIFE IS MOST LIKELY TO PETER OUT PREMATURELY

Ever wonder why an erection is "wood" and not, you know, "steel"? After all, steel is harder, stronger, and straighter. But the reality of what you're actually packing is more fragile. If you're not careful, your wood can be bent, burned, or (ouch) even broken. Sleep with the wrong person and it can even start to rot. More likely, however, is that one depressing day you'll discover that your mighty oak has become a weeping willow and that day could come sooner than you can think. Erectile dysfunction affects 18 percent of men who are 20 or older, according to a study in the *American Journal of Medicine*. So what determines who will escape ED and who will flop before they turn 40? We decided to find out by asking three men who opened up their lives to *MH*. The trio revealed both the good and the bad, including their health histories, diet tactics, and fitness regimes (or lack thereof). After thinking long and hard, our experts gave us their prediction for whose sex life will dip first. Read about Sangeeth Sebastian, Tajeshwar Thakur and Shiven Nayar here and make your own pick. Then turn the page to find out who's actually due for the droop—and how every man (including you) can start preserving his wood now.

TURN OVER FOR RESULTS AND ADVICE



	Sangeeth Sebastian 35	Tajeshwar Thakur 24	Shiven Nayar 22
Height/Weight	5'6" / 65kgs	5'8" / 58kgs	5'10" / 85kgs
Job	Assistant Editor	Administrative Executive	Facilities Executive
Family History	No health issues.	High blood pressure and asthma runs in the family.	Paternal grandmother has diabetes.
Drug and/or Alcohol Use	"I used to smoke and drink heavily during college, but now I just drink socially."	"I smoke excessively and drink a couple of times a week. Sometimes more on the weekends."	Occasional drinker. "I have never smoked and stayed clear of those who do as well."
Exercise	Weight training and cardio five days a week for one-two hours each day.	No real workout plan. "But I have started doing some dips and sit-ups lately."	"I workout twice a week and play cricket daily for three to four hours in the evening."
Diet	Avoids oily foods and eats three meals a day. "I eat a high-protein, low-carb diet but on weekends, there are no restrictions."	"I mostly eat junk food as I stay away from family. I usually have just coffee for breakfast followed by a big lunch and then a small dinner."	Four protein packed meals daily. "I try to get a cheat meal on Sundays to preserve my sanity."
Stress Level (Scale of 1-5)	3. "There is a lot, which you are accountable for as an editor, but I am fairly relaxed."	4. "I am unable to sleep at night."	3. "I don't take stress but I do not get adequate sleep at night."



Sangeeth Sebastian QUITTING IS WINNING

In Sebastian's case, quitting is winning, says Dr Kevin Billups, MD, director of the Men's Health and Vitality Program at Johns Hopkins Brady Urological Institute. A 2014 Chinese study review concluded that smokers are 51 per cent more likely to develop ED than those who don't light up. Non-smokers have more vitality and stamina than their smokey counterparts. Although it's a good thing that he cut back on the heavy boozing, the other extreme of being totally sober could possibly lose him some erection protection: Downing one drink a week can reduce a guy's risk of going limp by almost 30 per cent, according to researchers in Australia.



THE Rx Since BMI can sometimes be an inaccurate gauge of dangerous weight, Sebastian needs to take out the tape measure to see if he's really at risk. "A waist circumference larger than 40 inches is an indicator of abdominal fat, which can lower testosterone levels, release inflammatory substances, and cause insulin resistance—all of which make you a more likely candidate for ED," says Dr Billups. If he fails the gut check, he should cut his excessive red meat intake. "Weekend bingeing is no good," says Dr Billups. "He might eat and drink enough on those two days to cancel out everything else."



Tajeshwar Thakur ACTION IS IN ORDER

His fondness for fast food is quickly turning his body into a grease trap. "If he keeps eating like that, he'll do serious harm to his heart and sexual health," says Dr Billups, referring to the trans fats, sodium and monosodium glutamate (MSG) Thakur scarfs down. That, plus his family history, can lead to penis problems: Men with risk factors for vascular disease make up nearly 90 per cent of ED cases, say Tulane University researchers. There's also his allergy to exercise: A 2015 Duke University study found that guys who logged less than three and a half hours of moderate exercise a week had fewer erections than their active counterparts.



THE Rx There's a menu that will boost Thakur's erections, but burgers and french fries aren't on it. Following a Mediterranean style diet—which is rich in olive oil, nuts, fruits, and vegetables—may lower your risk of the conditions associated with ED, say Italian researchers. That's because the diet is high in heart healthy monounsaturated fats as well as nitric oxide, the main chemical that boosts blood flow down below. As for exercise, Thakur should amp up his cardio during the workweek, says Dr Billups. In an Austrian study, men who burned at least 3,000 calories a week by cycling or running, reduced their risk of ED by 37 per cent.



Shiven Nayar TIME TO SLEEP RIGHT

He sticks to a high protein diet, maintains a regular exercise routine, and reduces his stress and anxiety with his workouts instead of Marlboros. But he's not completely on course: Over time, those sleepless nights would eventually make it tough to wake up his erections. "If you sleep less than six hours a night, you're increasing your risk of obesity, stroke, diabetes, and coronary artery disease," warns Dr Billups. And all of those factors increase your risk of developing erectile dysfunction too. A balanced diet, moderate exercise and a good night's sleep are all essential to ensure your sexual health and prowess.



THE Rx He's taking control of his health, but Nayar still needs to see his MD to track his BP and blood sugar levels, says Dr Billups. To address the shuteye shortage, he should switch to morning workouts. Exercising too late in the day could have an energising effect, says Dr Billups. What and where he eats in the am is also important. Japanese researchers found that men who ate a breakfast high in the amino acid tryptophan while exposed to sunlight had higher levels of sleep inducing melatonin at night. So pull aside the curtains and pick up your fork for some smoked salmon and scrambled eggs with coffee and milk.



MH STYLE COUNSELLOR

Looking good
made easy

BY RAGHAVENDRA RATHORE

Q Bow To The Tie

Is it okay to wear a bow tie to work?

VARUN KASANA, MUMBAI

If you work in a conservative industry, it's possible the bow-tie might not be for you. But if you're looking to express a little personal style, think no more. Also, if you're making your debut with one, leave the sweat stress for another occasion; the difficulty of a necktie is greatly reduced with a bow-tie. Less fabric to work with means you've got a good chance of getting it right the very first time.

CORDUROY CRAZE Is investing in a corduroy jacket for the winter, a good choice?

ANKIT VERMA, HYDERABAD

Corduroy is versatile, and because you can dress it up (and down) as needed, having one in your wardrobe would do you no harm. But there's a rule to follow when making the choice as per your body type—if you're on the heavier side, the thinner wales should be your saviour; big guys don't need the added volume of wider wales while skinny men just might appreciate that extra bit of heft.

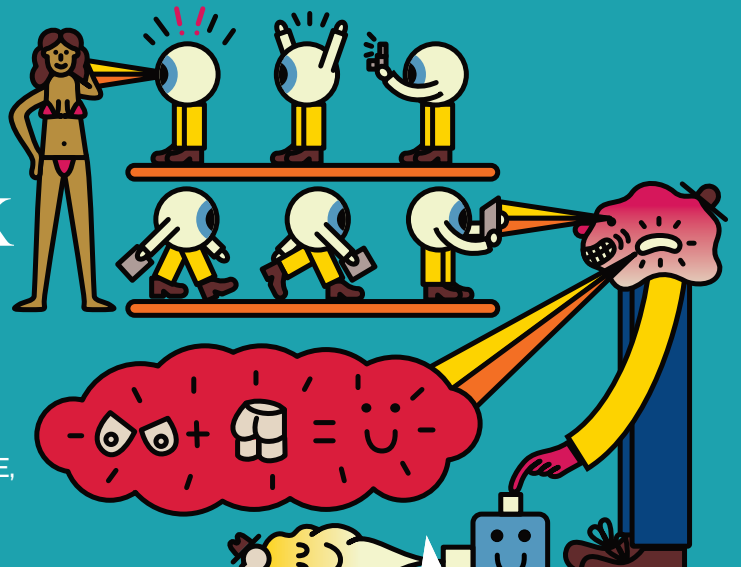
A graduate from the Parsons School of Design, New York, Raghavendra Rathore brings his royal Rajput lineage into his fashion sensibility,

ALSO SEE! MH
GUIDE TO STYLE
ON P35

THE BIG QUESTION

What Happens When You Look At A Beautiful Woman?

WHEN A MAN CATCHES A GLIMPSE OF AN ATTRACTIVE, SCANTILY CLAD WOMAN, THE EFFECT IS PURE ALCHEMY: FLESH TURNS INTO WOOD. *MH* EXPLAINS THE SCIENCE OF LUST AT FIRST SIGHT



1/ YOUR INSULA SAYS "OH YEAH!"

"The instant you see her barely dressed body, millions of ocular receptors snap a mental picture and send it to your insula, a key brain area for perception and emotion," says Rachna K Singh, a Delhi-based relationship expert. Once the image arrives, the insula automatically calculates your erotic possibilities with her.

2/ DOPAMINE PULLS THE LUST LEVER

Your brain responds to the insula's alert by squirting out dopamine, a neurotransmitter that's responsible for lust. But if you're feeling stressed, expect a biochemical cold shower: "Your adrenal glands will release fight-or-flight hormones that dampen dopamine's effects," says Singh

3/ THE ERECTION MESSAGE IS SENT

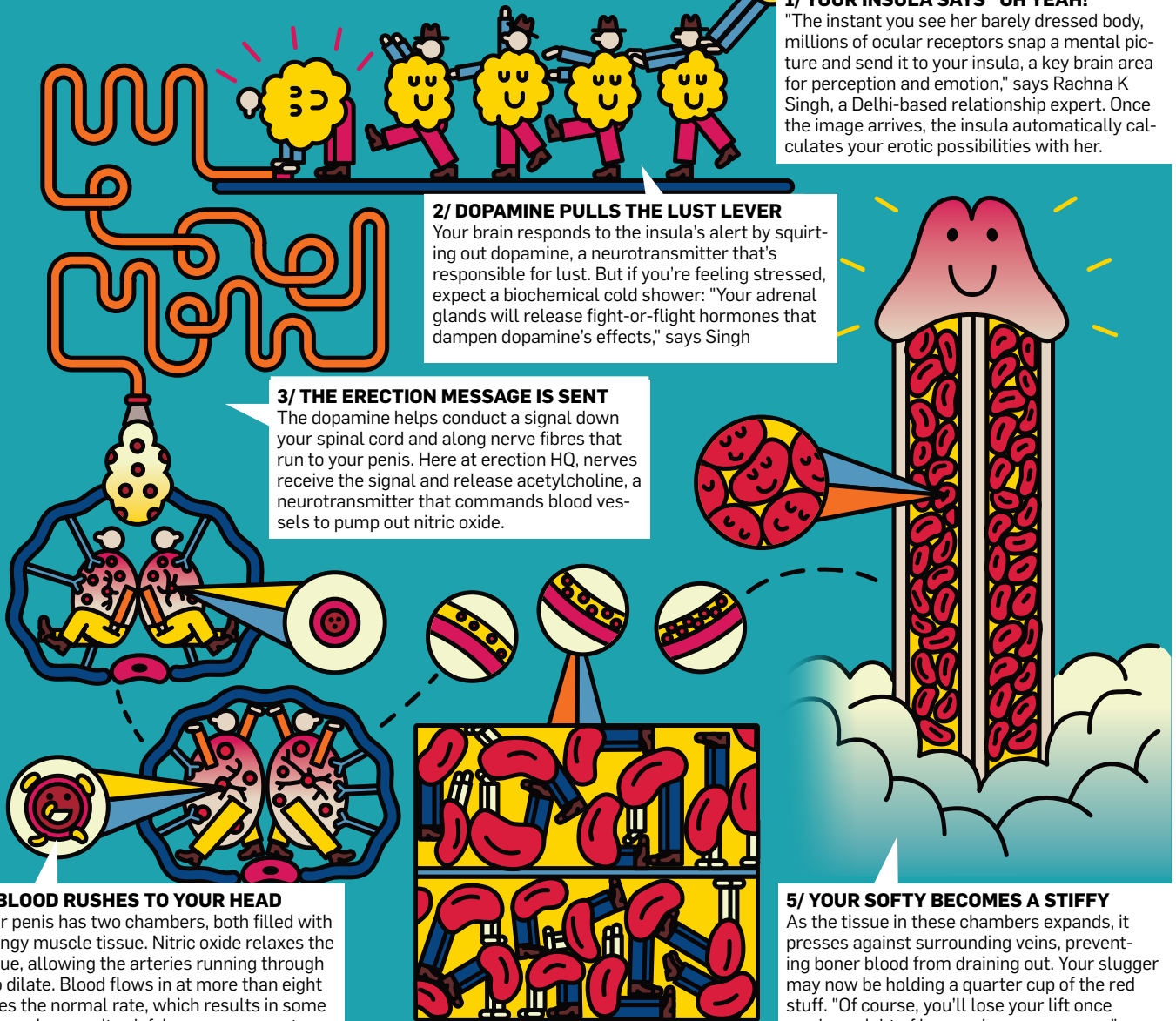
The dopamine helps conduct a signal down your spinal cord and along nerve fibres that run to your penis. Here at erection HQ, nerves receive the signal and release acetylcholine, a neurotransmitter that commands blood vessels to pump out nitric oxide.

4/ BLOOD RUSHES TO YOUR HEAD

Your penis has two chambers, both filled with spongy muscle tissue. Nitric oxide relaxes the tissue, allowing the arteries running through it to dilate. Blood flows in at more than eight times the normal rate, which results in some impressive, gravity-defying engorgement.

5/ YOUR SOFTY BECOMES A STIFFY

As the tissue in these chambers expands, it presses against surrounding veins, preventing boner blood from draining out. Your slugger may now be holding a quarter cup of the red stuff. "Of course, you'll lose your lift once you lose sight of her—or have an orgasm," says Singh.





Check It Before You Wreck It

ARE YOUR WORKOUTS MAKING YOU OR BREAKING YOU? FIND OUT WITH THESE THREE EASY TESTS

An injury can be the result of plain bad luck, but often your own missteps are to blame. "If you lift with bad form or use weights that are too heavy, you're bound to hurt yourself at some point," says Deckline Leitao, CSCS, NASM-PES, CES, CPT. Read on to discover if you're headed for three common gym injuries, and then follow our advice to stay off the disabled list for good

ACL ASSESSMENT

Sudden stops and pivots can lead to a torn anterior cruciate ligament (ACL), one of the knee's key connectors. But trouble can also arise from lower-body instability. "If your hips are weak, more weight shifts to your knees," says Leitao. If they can't handle the stress, pop goes your ACL.

ASSESS YOUR RISK Stand in front of a mirror with your feet shoulder-width apart. Keeping your back naturally arched, push your hips back and squat as low as you can. If your knees roll inward, you're vulnerable.

PREVENT IT "Push your knees apart when you squat or lunge," says Leitao. That encodes the proper "knees out" pattern in your motor memory. Reinforce it by looping a miniband above your knees and pressing against it as you do body-weight squats—three sets of 10 reps once a week should do the trick.

SHOULDER EXAM

Excessive overhead pressing or pulling can lead to weightlifter's shoulder, also known as shoulder impingement. "An impingement occurs when the bones in your shoulder pinch the surrounding tendons and muscles," says Leitao.

ASSESS YOUR RISK Place your right hand on your left shoulder and raise your right elbow toward the ceiling. Repeat with your left arm. If you feel tightness or discomfort you may be on your way to a full-blown injury.

PREVENT IT Eliminate overhead work from your routine and strengthen your rotator cuffs with W raises: Grab a light dumbbell in each hand and lie facedown on an incline bench. Bend your elbows slightly past 90 degrees and hold your upper arms by your sides, palms facing each other. Squeeze your shoulders and raise your upper arms. Lower and repeat. Work your way up to three sets of 15 reps, but don't lift to failure.

ACHILLES QUIZ

If you pound the pavement, you're a prime candidate for Achilles tendinitis, a wear-and-tear injury to the tendon attaching the heel and calf muscle. (It occurs in about 10 percent of runners.) Tendinitis is painful, and Leitao says it can easily lead to something far worse: A rupture. "If that happens, you can't even walk," he says, and recovery takes months.

ASSESS YOUR RISK Assume a staggered stance in front of a wall and lean into it with both hands. Bend only your front knee and keep both heels on the ground. Switch legs and repeat. "If you feel your calves stretch, you're good," says Leitao. "If you feel pain in the back of either ankle, you may have some form of the injury."

PREVENT IT Achilles tendinitis often occurs when you do too much too soon, says Leitao. Halve your weekly mileage, and then start increasing it by no more than 10 percent a week.



WORLD OF HURT

Play without pain
BY DR ANANT JOSHI

Q

Wrist Lock

My right wrist often hurts when I attempt push-ups. Is it something to worry?

SAGAR KOHLI, LUCKNOW

Wrist pain can be due to bone, ligament, tendon injury or minor instabilities of the wrist that get aggravated with exercise. If your wrist pain does not settle with a wrist binder, it is better to consult an orthopaedic surgeon who can come to a precise diagnosis after X-rays etc and suggest appropriate treatment.

COLD SHOULDER

Off late, I have been experiencing chronic shoulder pain. Please help.

ARUN MALHOTRA, VIA EMAIL

What is your age? Shoulder issues differ according to age groups. In the young, the problem could be minor or major instabilities, and in the older age group, it could be rotator cuff lesions. Stay away from exercises that aggravate your shoulder pain. See a physiotherapist and see if that helps.

Known popularly as the sports doctor to India's best-known sportsmen, Dr Anant Joshi is an orthopaedic surgeon and is regarded as one of the top doctors India has ever produced



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Should You Change What You Chug?

THERE'S MILK, AND THEN THERE'S "MILK." DECODE THE CARTONS WITH THIS GUIDE



ALMOND MILK

THE UPSIDE

Unsweetened almond milk has just 30 calories per cup, which is less than half the calorie load of even skimmed milk. The stuff tastes pretty good too, especially when you use it to thin out your homemade smoothies.

THE DOWNSIDE

► If you thought this is a good source of protein, think again: It has one gram of protein per cup. And while almonds have research-backed heart benefits, it's less clear if their milk is as good, says Delhi-based nutritionist, Jia Singh. Those perks come from the healthy fats and fibre of unprocessed almonds.



SOY MILK

Soy milk has the most protein of all the nondairy options—about seven grams per 80-calorie cup. Also, Mississippi State University research suggests it has cancer-fighting properties; its isoflavones may lower cancer cell growth.

► Soy contains phytoestrogens, plant-based hormones that may, in excess, lead to dips in testosterone. Up to four servings a day, however, shouldn't hurt, says Singh. And watch out for sugar: One cup of has 15 grams of sugar.



RICE MILK

If you have dairy, nut, or soy allergies, rice milk is a good option. Most brands are enriched with Vitamin D, calcium, and B12. And if gluten is your concern, don't worry—rice milk is naturally gluten-free.

► Rice milk contains virtually no protein. Plus, like most rice-based foods, rice milk might harbour small amounts of toxins. In a study from Mississippi State University, samples of rice milk contained traces of arsenic, in some cases exceeding the levels the EPA allowed in drinking water.



HEMP MILK

Each serving of this milk contains about four grams of heart-healthy polyunsaturated fats, including some anti-inflammatory alpha-linolenic Omega-3 fatty acids, says Singh. It's also allergy-friendly.

► Nope, it won't get you blazed. And one cup contains just two grams of protein and no fibre. You're better off buying the seeds and shaking them over salads, yogurt, or oatmeal. Thirty grams provides as much as 10 grams of protein and up to three grams of fibre.



COCONUT MILK

Unlike cow's milk, coconut milk is lactose free and easy to digest and contains an abundance of nutrients. Rich in Vitamins B, C and E, it helps to boost the immune system and provides energy to the cells as well.

► Coconut milk contains specific carbohydrates or sugars that may cause stomach upsets. Individuals suffering from irritable bowel syndrome (IBS), inflammatory bowel disease (IBD), or fructose malabsorption are advised to steer clear of its consumption.

Q Season Well

Can a seasoning make a difference to the amount of calories consumed?

VINAY KUMAR, CHANDIGARH

Adding way too many spices to any dish is always a bad idea. Salt, especially, increases blood pressure and leads to water retention. Instead, experimenting with nutrient packed, dried and fresh herbs and spices is a good option to help spruce up dressings, sauces, salads, soups etc. Aside from boosting flavour, many of these possess antioxidants and anti-inflammatory properties that may help contribute to your heart health.

MAN CAN COOK
Add some flavour to your life
BY ADITYA BAL



SLAM LEFTOVERS

Is consuming food from the previous day an unhealthy practice?

PANKAJ JAIN, HYDERABAD

Eating leftovers from the night before or cooking extra servings to save time is a common practice in all households. However, the common procedure involved in both cases is refrigerating and reheating that extra food that takes away all the nutrient value.

Reheating precooked food can be bad when done multiple times as the food loses its nutritional value, as well as some taste. Depending on the kind of food, it can become rubbery or soggy as well.

A former model, TV presenter and self-taught chef, Aditya Bal is out to spread the word that real Indian men do cook!

MH BELLY-OFF CLUB

"I Lost 49 Kgs To Discover An All New Zeal For Life"

KUNAL LAUNGANI IS A 30-YEAR-OLD, DELHI-BASED WEDDING PLANNER WHO FOUGHT HIS GENES AND HIS OBSESSION FOR FRIED FOODS TO ADOPT FITNESS AS A WAY OF LIFE



FROM FAT TO FLAT

130 kilos	Weight	81 kilos
52in	Waist	32in
Fried Foods	Vices/Victories	Healthier and confident

FITNESS

THEN ▼

Right from my childhood, I was always on the heavier side. Though, I was always outdoorsy and enjoyed playing sports along with practising martial arts, nothing made any difference to my weight, except for adding to my flexibility.

NOW ▼

I alternate between speed-cycling, swimming and working out at the gym. I cycle anywhere between 100-120 kms at a stretch and swim 60 laps in the pool. Lifting weights in the gym is a constant for me and I spend anywhere between two to three hours there each day.

HOW ▼

When you are fighting obesity which is hereditary, you can't leave any stone unturned. I do an hour of cardio followed by weight training which is further followed by an hour of core strengthening, and then a swimming session completes the drill.

FOOD

I was a strict vegetarian growing up but that just meant eating a lot of potatoes and cheese. Any form of fried potatoes was all I ate and still craved for more. My meals were untimely which worsened my struggle for weight loss.

I started eating chicken after joining the gym as I realised the importance of protein in my diet. My meals reduced drastically and I eat a good brunch loaded with proteins. I've traded in the fried potatoes for healthy fruits, and I end the day only with a protein-rich salad.

I was always into physical sports, but I lost weight only once I controlled my diet. It's always a combined effort in the gym and in the kitchen. I don't believe in starving myself and often mark Sundays as cheat days in my calendar.

MOTIVATION

After being obese all my life, being fit was not even considered an option. Since everyone in the family was on the heavier side, it further convinced me that my genes won't allow me to get through this gigantic task either.

I joined the gym on the my father's insistence. After piling on more and more kilos throughout my life, it was a strange feeling when I first noticed a drop in my weight. Shedding those kilos awakened me to the possibility of looking good and feeling fit.

I was always a confident guy, but the transformation equipped me with a different zeal all together. Fitness is both, a mental and physical task and has the ability to keep one hooked on to the idea of being fit from the first kilo lost.

AS TOLD TO SHIVAN CHANANA



COULD YOU BE MH'S WEIGHT-LOSS STAR OF THE MONTH?

Email MensHealth@intoday.com



ASK THE WEIGHT-LOSS EXPERT

She knows how to lose well
BY ADITI GOVITRIKAR

Q In the pool
Is it true that swimming can often lead to weight gain?

UDAY SINGH, VIA EMAIL

Practise with caution because swimming can lead to weight gain, and it's not because of the physical act itself, but because of your post-pool thinking. Most people overeat after they swim because they think they've burned away more calories than they actually have. And as a result, they end up picking up a couple of pounds after a few swimming sessions. Eat the right amount and right kind of food and you'll be fitter.

FRUIT POWER

Can I really eat as much fresh fruit as I want and still lose weight?

ANIL KASHYAP, NEW DELHI

Unfortunately, no. Fresh fruits are a healthy choice and loaded with vitamins and antioxidants; however they still contain calories and carbohydrates, which can stop your weight-loss progress in its tracks if left unchecked. However,

fruits consumed in moderation will do you no harm, as most of them supply a significant dose of fibre to your diet, which along with the usual benefits, can make you feel fuller for longer.

A former beauty queen and a certified doctor, Aditi Govitrikar has weight-loss advice gathered academically and also from practical life as a model

Should You Buy Inversion Boots?

IF A CONTRAPTION PROMISES SIX-PACK ABS, FANATICS WILL BUY IT. A *MH* COVER GUY TRIES OUT SHOES THAT AID REVERSE CRUNCHES AND TELLS YOU IF YOU SHOULD BUY INTO THE IDEA TOO

BY SANDEEP GIANCHANDANI

YES!

"Inversion boots do not isolate core stabilisers. Although they target the abdominals, there is also hip flexor recruitment. It is an advanced functional exercise, ideal only for those who are extremely fit."

Donavan Pillai,
consultant Biokineticist
at the H.E.A.L Institute

YES!

"It's mostly recommended for guys with six-packs and those who are supremely fit can add it as a challenge to their core strengthening regime. If you've mastered core exercises on the floor and surpassed the medicine ball, then inversion boots are what's next."

Deckline Leitao
CSCS, *Men's Health*
expert and columnist

NO!

"Your heartbeat slows and BP increases when you remain inverted for more than a couple of minutes. The pressure within the eyeballs increases, as well. For these reasons, you should not try inversion therapy if you have high blood pressure, heart disease or glaucoma."

Aditya Arora,
Internationally
Certified Les Mills
Group Exercise Instructor



Being a *Men's Health* cover guy stacked with an eight-pack, I am pretty used to seeing heads turn when I work out. But, nothing can compare to the spell I cast in the gym when I strap on my inversion boots and work my abs while hanging upside down!

THE ANTI-GRAVITY DEBUT

I heard about inversion boots when I was living in London as they're extremely common in the UK. I have always been intrigued by them and ordered the boots from Amazon UK through a friend. Strapping on the boots for the first time and trying to hang myself upside down was a rather confusing experience, as my body didn't stop swinging. But I got someone to help me with my balance and form, and I was all set to begin my airborne crunches thereafter.

It's been over a year that I have been working on my abs. I can comfortably do up to 500 crunches each day and my body is used to it, but all that comfort went out of the window when I strapped on my gravity boots for the first time. Twenty reps were all I could do in one go and four sets were all I could manage; 80 reps in, and I was done! The next morning brought back forgotten memories of abdominal pain, that I used to feel during those initial ab workouts, but it felt good. The inversion boots worked unused muscles in my gut, which I was completely oblivious to till now; I knew my ab fitness plateau had been crossed and a higher level of abdominal strength would soon be achieved.

STRAP YOURSELF IN

Apart from ripping your core, the boots help train your arms, shoulders and chest which is why they're perfect for the Indian market where guys are very concerned about their upper bodies. I wouldn't recommend these boots to fitness newbies as one needs to have a minimum level of body conditioning before attempting an inverted workout. And don't try to be brave; always ensure you have someone standing next to you when you try anything upside down.

They're called boots but you actually don't wear them on your feet. They are strapped onto your ankles and have a universal size which fits all. Hanging upside down directs the blood flow to the head and to my surprise it helped improve my skin and hair!

As a professional model, I'm required to be six-pack fit all the time as that's the 'least' which is expected of me. But now thanks to my inversion boots, I have the perfect workout tool to maintain my cover guy image.



AS TOLD TO SHIVAN CHANANA

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Q I'VE BEEN CHATTING WITH THIS GUY AT THE GYM FOR MONTHS NOW, BUT DAMMIT—I CAN'T REMEMBER HIS NAME. WHAT'S A GOOD WAY TO FIND OUT?

ARUN MATHEW, GOA

Brother, you know how I deal with this? I call people "brother." (What's your name again?) Hey, it's embarrassing to admit you had a brain fart. And with a little detective work, you won't have to. Does the guy use a personal trainer? Do you see him hanging with anyone else? The front desk people might even give you a first name. So just ask around, and you'll have your answer. And he'll never know.

Ask Ayushmann Anything

ON LIFE, LADIES AND EVERYTHING ELSE THAT SCREWS UP YOUR MIND

My buddy got a really hideous tattoo. I guess I didn't react the way he'd hoped. What was I supposed to say?

VARUN RANA, NEW DELHI

You ever had a girlfriend, Varun? Then you should know that if someone asks you, "How does this look on me?" you say, "Great!" Doesn't matter if it's a pair of jeans, a haircut, a feather boa, or a tattoo. Unfortunately, you've already blown it with your pal. He knows you're not a big fan of the ink. So just wait until the next time it's exposed and say, "You know, that tattoo is really starting to grow on me." Say it like you meant it—practise in the mirror if you have to. Sure, it's a lie. But it's a lie you need to tell.



A woman I work with made a serious pass at me. Do I tell my wife? I don't want her to hate my coworker, but I feel like I'm lying if I keep quiet.

VIRENDRA YADAV, PUNE

You turned this lady down, right? And you're not staying after hours to "chat" or have drinks with her? Then do the

wife a favour and keep your yap shut. Life's tough enough, man. Why screw it up? Your wife doesn't worry when you work late now, but she'll sure start if you spill. Then you'll both be miserable. You sound like a model husband, but you don't need to announce it every time

you don't have an affair. And you know what? Your wife would be first in line to agree with me.

My old college pal looks uncomfortable when I invite him to drinks with my work buddies. How do I get him to just relax and loosen up?

AJAY BEHL, GOA

First, stop worrying about how he's enjoying himself. He's probably picking up on that, which ain't helping. But you do have to make a little effort to initiate him into the group. Just in case if he's a family guy, say "Hey, Varun, this is Karan. Karan has a little girl too." Then find a reason to let Varun and Karan talk without you. Do that a few times—and just be casual about it, would ya? Your old college pal will start to feel like part of your new gang.

I know my boss is eating my food that I keep in the office fridge. How on earth can I stop him?

ANIRUDH MONGA, GURGAON

If I wanted you fired, I'd suggest that you go all cartoon detective on him: Booby trap your

grub with hot sauce and wait by the water cooler. But we both know he can't be met head-on. Why not keep your lunch in one of those insulated bags? Let the message travel to him without having to deliver it yourself.

I have fallen for a woman I had a one night stand with. To her it was just a fling. How can I change her mind?

VIDYUT ARORA, MUMBAI

If I know anything, it's this: When a woman makes it clear she doesn't want to be pursued, you'd better back off. Give it some time, and then call her up and invite her out for a Saturday morning breakfast—that way she doesn't think you're just angling for another romp. She may still opt out, but you increase your odds of success if you can willpower your way through the next couple of weeks.

The Bollywood outsider who competed for the spotlight of success with millions of sperm...err, strugglers and hit bull's eye with *Vicky Donor*. He comes from Chandigarh and is the proud father of a boy and a girl.

THE MANLY ARTS

WHAT'S YOUR PLAY? YOUR DOG RAN AWAY

Someone left the door open and now Rufus is AWOL—absent without leash. Guess whose turn it is to play retriever? Right, but that requires an action plan. Do you run around the neighbourhood? Stay put and shout? And at what point do you just leave food outside and put up flyers? Don't bother calling from the door or waiting for your pup to come home. Since any freshly liberated dog will want to explore its new turf, Rufus could be out of earshot or too distracted to listen, says Ken Licklider, owner of Vohne Liche Kennels and star of the Nat Geo show *Alpha Dogs*. The better move: Sniff out where Rufus is headed, Licklider says. Dogs navigate the world by scent, so they'll generally head toward the most odoriferous areas. If it's a breezy day, head upwind. If it's calm, consider the most pungent places in your town—like that Chinese food place or an apartment complex with overfilled dumpsters. Head there on foot and call out at intervals as you go. If your hound hears you're close, he might be reminded that he's tired and lonely, or just plain ready to go home.

AYUSHMANN KHURRANA PHOTOGRAPHY: SUBI SAMUEL (WWW.INDIATODAYIMAGES.COM); ILLUSTRATION: ELIAS STEIN
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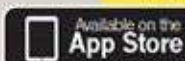
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THE ESSENTIAL

DOWN VEST

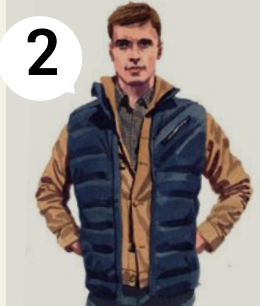
A thin down vest balances function and flair. It's a great transitional piece between seasons. Wear it over a suit jacket or under an overcoat for added warmth without bulk. This navy blue option eliminates the sporty sheen you typically find on nylon puffers. The real secret is to size down. A puffer vest should fit as close to the body as possible without being too tight or restrictive, especially if you wear it with tailored clothing.

THREE WAYS TO WEAR IT

Vests are all about versatility. This trio of options can help you embrace the full range of this classic layering piece



1
A flannel shirt under a vest provides warmth and durability while also adding an edgy hit of pattern and texture.



2
You'll move easier in layers than with one bulky coat. Plus, you can add or subtract layers as temps change.



3
For dressier occasions, choose a vest with a slimmer profile, and steer clear of bright colours and sporty nylon.

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LEATHER JACKET

Traded your Harley for a Prius? That's cool. A slim leather jacket lends attitude to your wardrobe without making you seem like a poser. An updated moto-bomber combines sexiness and sportiness. And it's versatile enough to wear over a button-down and tie or a T-shirt. Forgo flashy details like studs and logos. Instead, lean toward neutral colours and textures, and subtle combinations like grey and suede.

THREE WAYS TO WEAR IT

It's easy to wear a leather jacket and regret it. Heed these tips to wear it right



1
The fit and quality of the leather are key. Yours should be as fitted as a tailored suit jacket.



2
Avoid bold contrasts. A fine-gauge sweater in a similar neutral tone will always look subtle and refined.



3
A slim, textured knit tie keeps the maverick attitude intact, while a wide tie will make you look anything but cool.

FIND A WATCH THAT MAKES YOU TICK



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The face is all business, while the strap is casual, party-ready. Tissot, ₹ 28,700



Creative and Quiet
The natural strap, complex dial, and orange details say so. SevenFriday, ₹1,36,500



Active and Outgoing
This standout style is young, fun and a bold. Swatch, ₹ 5,000



Loud and Proud
The gold dial is a head turner, wear this if you want to make an impression. Versace, ₹ 1,22,000

GATSBY

FACE WASH

#goodbyeoil

OIL PROTECTION SERIES



Power Refreshing Scrub (Ultimate Freshness)

CHARACTERISTICS

Scrub Effect	Zero	Soft	Hard	Extra Hard
Cool Effect	Fresh	Cool	Very Cool	
Skin Condition	Dry	Normal	Oily	Acne

Perfect Cleansing Scrub (Triple Scrub Action)

CHARACTERISTICS

Scrub Effect	Zero	Soft	Hard	Extra Hard
Cool Effect	Fresh	Cool	Very Cool	
Skin Condition	Dry	Normal	Oily	Acne

Oil Control Foam (Total Sebum Removal)

CHARACTERISTICS

Scrub Effect	Zero	Soft	Hard	Extra Hard
Cool Effect	Fresh	Cool	Very Cool	
Skin Condition	Dry	Normal	Oily	Acne

Clear Whitening Foam (For Fair And Bright Complexion)

CHARACTERISTICS

Scrub Effect	Zero	Soft	Hard	Extra Hard
Cool Effect	Fresh	Cool	Very Cool	
Skin Condition	Dry	Normal	Oily	Acne

RESPECT THE NECK
MAKE SURE COLLAR STYLES MATCH. V-NECK SWEATERS LOOK BEST WITH V-NECK TEES

STEAL A BRIGHT IDEA
BLUE IS THE PERFECT FOIL FOR A WHITE SHIRT AND GREY TROUSERS. CHOOSE A COLOUR THAT MAKES YOU HAPPY

QUIT THE BAND
A STYLE THAT'S TOO CINCHED AT THE WAIST JUST EMPHASISES YOUR BELLY. KEEP THE BOTTOM OF THE SWEATER FLAT, NOT FITTED



Brooks Brothers, ₹9,000

THE ESSENTIAL

CASHMERE SWEATER

Fair warning: Cashmere is the first class cabin of fibres—once you've tried it, you'll have trouble going back to wool. But it's more than just an indulgence. Cashmere is extremely breathable. You don't need an undershirt, since it's not hot or itchy. Go with a V-neck style—that's the most versatile option to wear alone or with a suit jacket. And, don't pair it with a crisp dress shirt. That'll look too formal under a soft knit.

THREE WAYS TO WEAR IT

A cashmere sweater is one of the wisest investments a man can make. Use these looks to show off your good taste



1
Medium thickness is a good casual choice. Super thin can be revealing, and thick weights look chunky.



2
If you're layering, avoid shirts with bulky pockets. They'll show through the sweater and distract from your look.



3
To dress it up, a point collar works well with the sweater's neck, and a two-button jacket complements the V shape.

TURN A TIE GAME INTO A WIN



Giving A Presentation
Brooks Brothers shirt, ₹ 10,990
Tie, ₹ 4,990



Post-Work Dinner
Boss shirt, ₹ 9,900
Corridor NYC Tie, ₹ 2,700



Job Interview
Brooks Brothers shirt, ₹ 10,990
Tie, ₹ 4,990



New Business Pitch
Brooks Brothers shirt, ₹ 10,990
Tie, ₹ 4,990



Meeting A First Date
Alexander Olch shirt, ₹ 19,200
The Tie Bar Tie, ₹3,500

ILLUSTRATIONS: MATTHEW COOK

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JACKET OF ALL TRADES

Sport outerwear with
stylish ease. Starring
Actor Karan Singh Grover

WORDS: SOHANI DOGRA
PHOTOGRAPHY: SHIVANGI KULKARNI
ART DIRECTION AND STYLING: MIA KUMARI

Turtle neck, trouser, coat
Canali, ₹89,600, ₹32,800,
₹1,46,000; Shoes, **Zara**,
₹6,000; Watch,
SevenFriday, ₹1,20,000



STAY NEUTRAL

How to wear pink (and not shock!)

From the previous page

Let the soft, flesh-tone hues and the earthy neutrals take over your mundane wardrobe. Not sure how? Go on a colourless journey with an overcoat that exudes finesse and class.

"Men can attempt the pastel shades, but they need to be in tune with what a particular gentleman can carry off," says Nitasha Gaurav, a Mumbai-based celebrity stylist. "When you're ready to experiment with this palette, it's important to ensure the precision in the cut of the jacket, because unlike a regular overcoat, it's not going to camouflage any oddities, and will rather highlight," says Rohit Kamra, a Jaipur-based designer. Throw in a heavily ribbed turtleneck sweater as a perfect companion to the jacket. "Pairing a turtleneck with an overcoat is always a win-win. The distressed look is big and for this season, it translates into knitwear as well," says Gaurav.

Upgrade the style quotient: Flaunt your masculine side in just the right doses with this pastel shade by pairing it with a dominant chequered trouser as the breakthrough pattern in this look.

DOUBLE YOUR APPEAL

How to play up your physique in a suit

Are you facing a fashion dilemma, wondering if it's okay to go check on check? You're thinking right. Making a distinguished style statement with a chequered pattern, when put alongside another check, can make you stand out just the right way. "Coordinated patterns are big all over the world right now," says Gaurav. Include a double-breasted jacket in this setting and you know you've got it right. A double-breasted coat with symmetrical sets of buttons on each side is the perfect choice for lending one the classic look; it will cover you well, while highlighting your upper body in the best way. "If you have a narrow waist and wide shoulders, this is your attire for flaunting your hard work at the gym," says Kamra.

Upgrade the style quotient: When doing a check-on-check dipped in muted tones of black and white, make sure you add no extra accompaniments to this set combination of big on small (checks).

Shirt, **Corneliani**, ₹20,000; Pants, **Zara**, ₹4,590; Double breasted coat, **Canali**, ₹1,26,000; Shoes, **Canali**, ₹46,000; Watch, **Seven Friday**, ₹1,20,000



A full-page photograph of a man with dark hair and a light beard, looking off to the side. He is wearing a dark, textured tweed jacket over a black leather zip-up jacket. He is holding a long, thin, red bag or scarf diagonally across his body. The background is a dark, textured grey.

TWEED WHEN YOU TRAVEL

How to rock the old school gentleman's staple

With just the right rugged finesse, tweed is a favourite dominant for displaying your gentlemanliness. You can't afford to announce your wardrobe full, until you possess at least one in any form, be it a blazer or a long jacket. Lending you a vintage persona, a tweed jacket can be, without a doubt the best investment. "A tweed overcoat is a classic. Wear it over a suit or a jacket and, if nothing else, just sling one over the shoulders; you can hardly ever go wrong with it," says Gaurav. Make it a part of a formal evening or add it to your boardroom attire; with the versatility it offers, you can pair this multipurpose jacket with denims, or better yet, moleskins, khaki pants or even formal trousers. "Replace your classic black overcoat with a super stylish tweed one and stand out with the effortless style it offers," says Kamra. Though it can blend well into any colour palette, set your personalised colour code by pairing it with black.

Upgrade the style quotient:

Complement the texture of a tweed jacket with a leather zipper jacket inside and that'll complete your look.

Coat, **Corneliani**, ₹1,15,000;
Pants, **Zara**, ₹5,490.



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flipkart.com

JABONG.com

KOOVS.com

Myntra.com

snapdeal.com

JOIN US ON



A full-page photograph of a man with dark hair and a light beard, looking directly at the camera. He is wearing a vibrant pink velvet blazer over a light pink button-down shirt, which is open at the collar. He is also wearing light grey trousers and brown leather brogue shoes. He is holding a large, rusty metal bolt with both hands, one near his waist and the other near his knee. The background is a dark, textured grey fabric.

DO REAL MEN WEAR VELVET?

How to make a soft fabric look macho

An opulent fabric, velvet should be your go-to option when you're thinking of putting your best foot forward for a formal evening. "Having been a classic evening wear for years, velvet as a fabric is rich and grabs immediate attention," says, Carlton DeSouza, lead stylist, Myntra. A velvet blazer jacket in particular has the ability to transform any boring shirt and trouser into an instant hit with its luxurious addition. When you have a palette of lighter shades that need an add-on, don't think anything too loud; instead get a blazer from shades of the same colour family, like a lighter pink to go with a rosewood pink. "A velvet blazer commands a neat attire, so make sure to not club it with too many accompaniments. You don't want to kill the glam of a classy jacket," says Kamra. "A flattering cut and a perfect fit are imperative. You can't have a classic that's ill-fitted," adds Gaurav.

Upgrade the style quotient: Just get a pair of tan brogues to round off the look. Roll up the trousers up to two folds and break away from that serious and mundane evening look.

Jacket, Shirt, Trouser, Shoes, **Canali**.
₹95,000, ₹32,000, ₹30,000, ₹41,000.

LEATHER UP RIGHT

How to mix rockstar with superstar

You can hardly go wrong with a sleek leather jacket for the winter. But while you wear one this season, you don't want to sport it in the typical biker fashion. Almost anyone can get away with wearing a leather jacket, but you don't necessarily have to ride a motorcycle, or have a certain attitude to pull one off well. So fret no more: Let it enter your work, as well as your social circle and add it to your everyday boardroom and evening essentials list—a basic white dress shirt and a pair of black trousers to give you an edge. "It's okay to team up a leather jacket with your formals, provided you add a set of formal shoes to go with it," suggests Gaurav. "It has the ability to accentuate your shoulders, no matter what built you have. But not every collar style is for every body type, so make sure to pick one that highlights your strong points," says Kamra.

Upgrade your style quotient:

Don't be afraid to mix extremes to get the right vibe for your leather jacket. "However, make sure you go for only a well-fitted one while avoiding any fussy patterns or excessive detailing. A distressed finish is great for casual wear, but choose good quality leather for more formal occasions," says Gaurav.

Leather jacket, **Burberry**, ₹1,50,000;
Shirt, trousers **Zara**, ₹2,590, ₹23,390;
Shoes, **Canali**, ₹46,000.



STRETCHING THE LIMITS

HIS PHYSIQUE MAY TURN HEADS, BUT ACTOR KARAN SINGH GROVER WOULD RATHER BE REMEMBERED FOR BEING A NATIONAL LEVEL ATHLETE, AND FOR HIS SECRET WORKOUTS THAT CAN MAKE YOU STRONG IN BODY AND MIND

WORDS: SOHANI DOGRA

When Grover feels like giving up, that's when he pushes himself the most. "If my mind tells me that I should skip my workout, that's when I feel the need to stretch myself the most." This body-mind connect is what makes him persistent and dedicated. After a year of working with the Sheraton, Muscat, the ex-hotelier (Grover holds a Bachelor of Science degree in hospitality management), he decided to pursue his original career plan—acting. This do-or-die attitude is what has kept him going, in spite of no Bollywood backing to lead him. And now the actor is more than determined to make his way into the film industry based on his own terms. Having battled several injuries "his six-pack physique is his best companion," he says. He shares with *MH* the secret behind his success.

THE MEANING OF FITNESS DIFFERENTIATES FROM PERSON TO PERSON

In the past, fitness was focused only on one dimensional workouts, but now there are a lot of options that one can look at. Every day there are new forms that are being invented or discovered. One of them is calisthenics, (where you use your own body weight to perform all the routines), which has good results if done right. Also, including yoga and its various forms into your routines is a great way of getting better results. Your focus shouldn't be just on weight training and cardiovascular exercises, but a combination of everything. It's important to concentrate on not one particular form of workout, but to keep changing and adopting new forms of exercises. But while you do that, don't just follow the workouts blindly; rather perform them based on your individual strength and fitness levels.

THE BIGGEST FITNESS CHALLENGE THAT INDIAN MEN FACE

Not being able to give fitness enough time is the biggest shortcoming we face. Also, people often fail to understand the importance of cardiovascular exercises, and instead focus only on building bulk; but the amount of weight that you lift is not directly proportional to the strength you have. Your body cannot be termed "strong," just because you lift heavy weights. Also, it's important to break out of your comfort zone and bring in variation from time to time.

FOOD IS OFTEN A KILLJOY. HOW TOUGH IS IT TO MAKE THE RIGHT CHOICES?

Your diet forms 40 per cent part of what you do and the remaining 60, is your training. Your body is a machine and it will only run according to the fuel you put into it. You need to know how much proteins, carbohydrates, fats

and minerals you need to consume. And, if you don't, then you need to read up and understand what your body really needs. Most gyms today have an in-house dietitian to guide what, and how much quantity should be consumed as per an individual's body type. Also when you eat (i.e. the meal timing) plays a huge role. Also eating every two to three hours is the basic rule that you should follow, as that's the only way to keep your basal metabolic (BMR) rate high.

HOW DOES A TESTOSTERONE-CHARGED ALPHA MALE DEAL WITH COMPETITION?

I try to not think about it. My focus is on being better each day; if I can be better than my own self, then I think I am already on my way up. Thinking about competition means wasting your time and





“Your body is a machine and it will only run according to the fuel you put into it”

energy on wondering who's doing what. Instead, if you concentrate on what you need to do and how you can improve, that will bring you closer to your set goals.

RISKS OFTEN COME WITH SETBACKS, HOW DO YOU DEAL WITH THE LATTER?

If I'm really happy, I go the gym and workout and if I'm really upset, I do the same. It's a good way to put all your thoughts and energy in the direction that can be beneficial for you in the long run. If you're going through something or dealing with a difficult situation, it's okay to not shove it under the carpet but just not thinking about it, doesn't stop the negative thoughts. Get the situation under control, channel that energy and use it in the gym. This also has a scientific explanation to it: When you workout, endorphins are released in your brain and you feel happier.

WHAT SCORES MORE, STAMINA OR SIX-PACK?

A six-pack is a by-product, and if you're really aiming at

being fit, your fat percentage will automatically be low and your abs are going to show, irrespective. And, even if they don't, it does not make you any less fit. Being fit and looking fit are two different things. You can look chiselled, but be completely opposite on the inside. Your aim should be to be fit. But, if you aim at just looking good, it won't last because the inside will give up. Sporting a six-pack is definitely not the parameter to judge one's fitness.

HOW MUCH STYLE IS TOO MUCH STYLE FOR A MAN?

It's about how comfortable you are in your own skin, and how comfortable you are with what you are wearing. If you're trying too hard, then it will show, so just be who you are and don't try to be what you're not. However, accessorising your attire is a good option, but don't go overboard with it. Also, if you want to know when you're doing too much, it's always wise to simply follow your instincts. **MH**



BRIGHTEN YOUR LIFE

Do real men wear colour?
Confident men do! *MH*
highlights six blazer and
trouser pairings for the
new age man

WORDS & STYLING: KEVIN K. MARAK
PHOTOGRAPHY: VINOD AGGARWAL
ART DIRECTION: AMIT MALIK
IMAGING: PIYUSH GARG

MATCH MADE IN HEAVEN

How to colour block like a man
(previous page)

Forget the age-old rhyme debasing blue and green's compatibility—these two shades should definitely be seen together. This non-traditional pairing has really come into its own recently. To avoid any garish clashes, stick to shades at the same end of the spectrum; khaki sits well with navy, while a fresh leafy green will complement a darker blue hue perfectly. "One can also opt for something in a similar shade, but with a hint of colour in the form of a pattern or print, like a coloured striped t-shirt, in this case, not only breaks the monotony of the color, but also brings forth the look making it visually appealing," says Vikrant Mehta of the Virtues label. And if you're looking for ways of framing a blue and green pairing, try incorporating lighter colours like white or grey—both of which will complement, rather than clash with, the principal focus.

T-shirt, **Gant**, ₹5,999; Jacket, trousers, **Mint Blush**, ₹8,000, ₹10,000; Belt, **Nautica**, ₹3,200; Pocket Square, **SBJ**, ₹999; Shoes, **Tresmode**, ₹9,000; Watch, **Arttdinox**, ₹12,500; Hat, **Brooks Brothers**, ₹32,000.

CHANNEL YOUR INNER GATSBY

How to make contrasts complement

Subtle, yet highly effective, pastel blazers have, over the recent years, developed into modern must-haves. Oozing style and sophistication, they will add a Gatsby-esque twist to any ensemble. "Team a shirt with a light scattered print and not an overall print, as it might overpower the entire look," says Mehta. Pick any colour from the pastel palette, be it sky blue, pink, or yellow, and make sure to team it with darker shade trousers to produce a sophisticated look that oozes class and elegance.

Shirt, **Mint Blush**, ₹4,000; Jacket, **Gant**, ₹8,000; Trousers, **Nautica**, ₹3,990; Shoes, **Koovs.com**, ₹1,200; Belt, **Brooks Brothers**, ₹4,990; Pocket Square, **SBJ**, ₹999.

GO QUINTESSENTIALLY BLUE

How to upgrade your graduation blazer

It's a well-known fact that the navy blazer is perhaps one of the most well-documented wardrobe staples, but one can also go for something a little more vibrant. Ideal for those who want to venture into the world of colour without pushing their boundaries too far, the blue blazer (in bright or pale hues) is what you would call a happy medium. Not too flashy, yet strong enough to set you apart from the crowd, this fail-safe option is a must-own. "Make sure that your shoes are either a similar shade of your jacket or trousers, as adding a new colour to the ensemble would make it look too busy and unattractive," adds Mehta. In terms of outfit options, you can go in two different directions. For example, team with coloured chinos and espadrilles during the weekend or white trousers and loafers when going smart chic.

Shirt, **Camessi**, ₹5,600; Jacket, **CUE**, ₹38,000; Pants, **Brooks Brothers**, ₹13,500; Tie, Pocket Square, **SBJ**, ₹1,200, ₹999; watch, **Arttdinox**, ₹14,500; Shoes, **Tresmode**, ₹12,990.



PASTEL COLOUR YOUR PALETTE

How to not make pastels boring

For the warmer months, paler shades are a great way to keep your tailored looks fresh. The combination of light grey and white provides an icy contrast to the blazing sunshine and works for any occasion, particularly smarter events such as dinner parties and business meetings. "Although a well-known technique, adding a contrast colour in the form of a shirt, socks or even a pocket square, adds a pop of colour and makes it stand out, yet not overshadow the actual colour combination," says Varun Rana, fashion features director, *Harper's Bazaar India*. To make this combination feel contemporary and truly effortless, opt for a slim-cut pair of white chinos or jeans and an unstructured light/mid-grey blazer that can be thrown on at a moment's notice.

Shirt, **Tommy Hilfiger**, ₹4,550; Jacket, Shoes, **Koovs.com**, ₹7,800, ₹2,785; Jeans, **Brooks Brothers**, ₹12,990; Belt, **Nautica**, ₹3,200; Watch, **Arttdinox**, ₹12,500.





ADD A HINT OF MINT

How to spice up the subtle hues

For a modern take on the classic navy and beige combination, try teaming a dark blue checked or patterned jacket with a beige trouser for a smart and sophisticated outfit that can transition from day to night. "It's all about adding playfulness to your look. A blue and beige combination keeps things classic but adding a pattern to it gives it an edge," says Nandini Bhalla, editor, *Cosmopolitan India*. Opt for lightweight fabrics with a slight structure to keep your look clean, yet comfortable—think smooth cotton trousers with a linen-blend blazer. Not only does it keep your style quotient intact, but also keeps your comfort in mind.

Shirt, **Gant**, ₹5,999; Jacket, Pocket Square, **SBJ**, ₹25,000, ₹999; Trousers, **Nautica**, ₹3,999; Belt, **Brooks Brothers**, ₹4,990; Shoes, **Koovs.com**, ₹2,789; Watch, **Arttdinox**, ₹12,500.



THE ULTIMATE RETREAT

R THE SPA

For the mind, body and soul

Spread over three levels and 20,000 square feet, R The Spa-an urban spa at Radisson Blu Plaza Delhi- offers a choice selection of rejuvenating massages that are a blend of Asian traditions and European therapies. With its lavish suites, an aqua bed that promises a floating experience, a Vichy shower and a hamam table and shower the spa is designed to therapeutically transport guests to a world of tranquillity. Apart from revitalising visitors after a tough day, the spa also offers the chance to get into a fitness mode at the Fitness Studio, a state-of-the-art gym that comes equipped with cardiovascular machines, bicycles, treadmills and strength training gear.

On a divine trip

While the first floor focuses on fitness, the second is meant for spa therapies, and the third caters to beauty needs. Each of these levels is dedicated to rejuvenation, relaxation and replenishment respectively. Though every self-floor is self-contained, each is linked to the other with specially-designed lattice screens to ensure that guests can move between floors in relative privacy. Specially designed fragrances and music waft through each room, adding unique elements to the atmosphere at R The Spa. After treating themselves to indulgent therapies, guests can energise themselves with a nutritious meal at the Spa Bar. High-fibre and low-calorie snacks, energy drinks, fresh juices, mocktails, herbal teas

and salads are served here. Chefs at the Spa Bar can also design a meal tailored to guests' individual requirements.

You can round off your visit by resting at the relaxation lounge, a softly landscaped spa exterior with a cascading water body, lush green plants and a water fountain, designed to further enhance the therapeutic experience. R The Spa also provides the option of extending the spa experience at home through its spa product range. After getting a treatment with the finest botanical formulations for extended body, skin and hair care, these products help keep guests rejuvenated until their next visit.

The range of therapies, fitness provisions and beauty treatments at R The Spa act as an antidote to the everyday stresses of a busy life.



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PAIR RED AND BLUE WITH VENGEANCE

How to flaunt timeless confidence

A wide variety of hues are available in the market these days, from primary red and vibrant cherry to softer shades of crimson and pastel pink. Whether worn for a night out in the town or to dinner with your loved ones, this bold statement option will breathe new life into your wardrobe. When it comes to styling, make sure to keep the rest of your outfit simple and let the blazer take centre stage. "Like the female version of *Lady in Red*, a red jacket demands confidence and if a man can work this colour, attention (of the good kind) is guaranteed," adds Bhalla. A white shirt, navy trousers and loafers would make a sensible, everyday choice. Not only does the blue and red combination work well together, it will also help you stand out in a crowd.

Shirt, **Gant**, ₹5,999; Jacket, **SBJ**, ₹23,000; Jeans, **VOI Jeans**, ₹1,890; Shoes, **Koovs.com**, ₹1,200

PHOTOGRAPHY: VINOD AGGARWAL (WWW.INDIATODAYIMAGES.COM); HAIR AND MAKE-UP: VIPIN ARORA, MODEL: SAHIL AURORA

GET TO THE HEART OF THE MATTER

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8 Ultimate Fitness Gadgets Reviewed

Which devices are hype, and which ones can power up your health? We spent a month being zapped and shaken to find out

TURN ON, TUNE IN, AND TRACK THE NEUROFEEDBACK

THINK BACK TO WHEN THE height of high technology and personal health meant a digital thermometer. The first few times you felt feverish it was almost fun to take your temperature. But then the novelty of shoving a battery-powered stick in your mouth (or anywhere else) wore off.

Today, there's so much stay-well circuitry and software out there that it's tough to tell which app a day will keep the doctor away. So, our intrepid editors and one brave volunteer set out to separate the gimmicks from the game changers. Now they're healthier (and in one case, harder) for their efforts.



Health



QUELL

\$249, quellrelief.com, not available in India yet.

It's a wearable band that uses an intensive form of transcutaneous electrical nerve stimulation (TENS) to relieve chronic pain. The pulses prompt your body to release natural opioids. Therapy sessions last up to an hour.

The Tester A late-50s weekend and weekday warrior, with all the aches and pains you'd expect from that age and activity level.

The verdict "Let's just admit straight off that if you have a sore neck, it's plain weird to strap a band around your calf and call it a cure. But that's where a concentration of nerves sit, apparently making it an ideal location for Quell to shoot electrical pulses into your nervous system."

"Once I began 'electrocuting' my calf, I noticed a few things: I felt a little loopy, for one. But that's expected—Quell's pulses are twice as powerful as those from other TENS products. As my tolerance grew, I began to raise the intensity level through the Quell app, until eventually my pain diminished from six out of 10 to 4.5. Sensation of pain is subjective, so it could all be in my head instead of opioids in my spinal column. But if this thing is quackery, I don't want to know. I'm enjoying the pain-reducing delusion."

LUMO LIFT

₹10,752, amazon.in

Lumo Lift is a posture tracker that clips to your shirt near your collarbone. During coaching sessions the device gently vibrates if it senses slouching.

The Tester A commuter with an hour-plus drive who tends to slouch behind the wheel and at work.

The Verdict "I couldn't get anything past the posture police: Even slouching on the toilet set the device into a frenzy. But after noticing how frequent the zaps were while I was seated, I made an effort to keep my shoulders back or use my standing desk. When the app said my posture was 'Great!' all week—sans coaching—I sat taller, and prouder too."



VIBERECT

₹27,000, viberectindia.com

Not your typical vibrator: It sends vibrations through the head of your penis to stimulate the nerve receptors along the prostate. This causes a boost in nitric oxide, which helps dilate pole-raising blood vessels.

The Tester A prostate cancer survivor who has struggled to rise to the occasion ever since he had his gland removed nine years ago.

The Verdict "For years I've been asking my urologist, if any new ED treatment options were available besides popping the blue pill and using a painful vacuum pump. Then one day he recommended what sounded like vibrating salad tongs. 'It's not uncomfortable, it's easy to use, and it's actually fun,' the doc promised. The first time I tried Viberect, the vibrations were so subtle that I didn't think it would work. But my doubts lasted about three minutes—the time it took me to get hard. And a year later, still no complaints."

MUSE HEADBAND

\$299, choosemuse.com, not available in India yet.

The Muse headband uses EEG neurofeedback to track your brain's electrical activity. When worn and used with its app, Muse trains your brain to manage stress through three-to 20-minute meditation drills.

The Tester A new parent who can't manage to relax at the end of the day.

The Verdict "Once the baby was asleep, I donned the headband and turned on the app. As I listened to waves gently crashing, it told me to focus on my breathing. Soon I started to think that I could've been using this time to catch up on some work. The seven EEG sensors on the headband quickly picked up on the change in brain activity, and my soundtrack changed from serene surf to thunderheads on the horizon. But once I refocused on my breathing, the waves immediately came lapping back. Muse made me realise how quickly I let stressful thoughts take over my mind—and just how easy shutting them out can be."



FIT FOR BATTLE

₹19,990, amazon.in

Time to get something off your chest—that old heart rate monitor. The Surge, Fitbit's first watch, has a built-in HR sensor, so a glance at your wrist can tell you how hard you're working. Plus, the watch plays music, receives texts, and has GPS and caller ID.



SPIRE

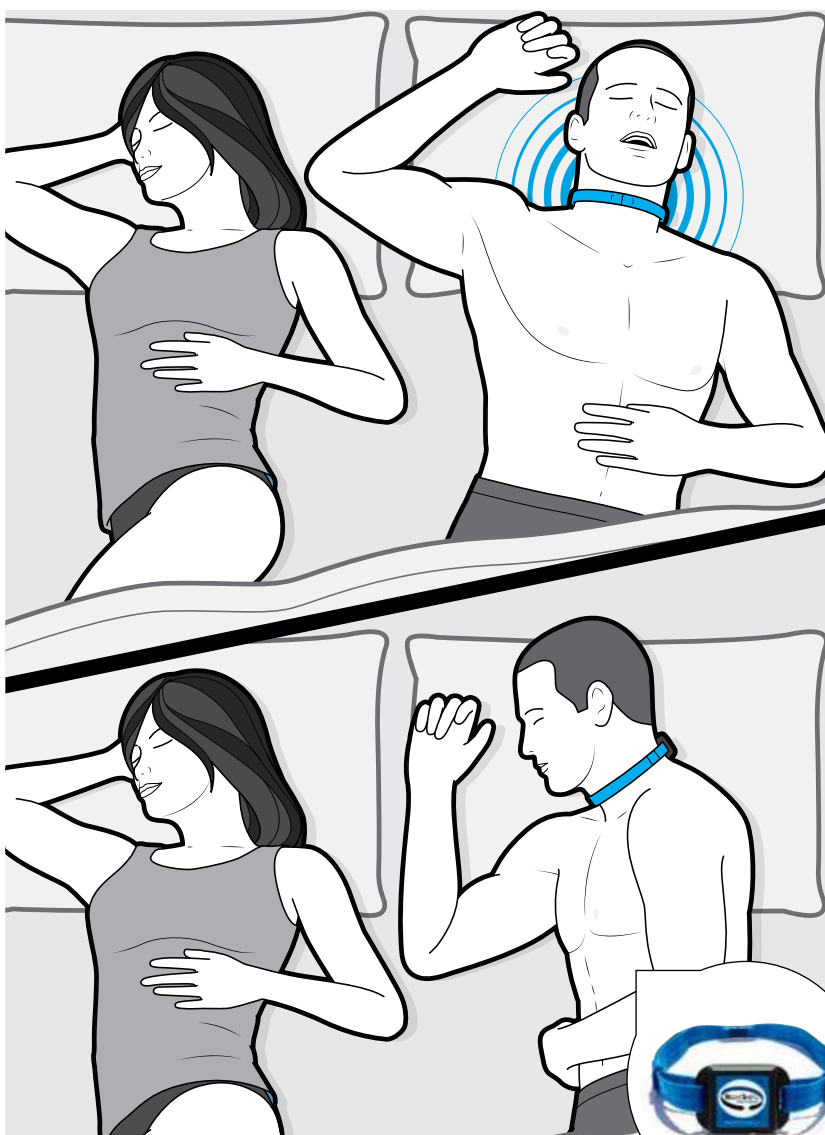
\$129, spire.io, not available in India yet.

The pebble-shaped sensor clips to your waistband, where it tracks every breath that enters and exits your lungs. The app analyses the movement of your diaphragm to determine if you are tense, focused, or calm.

The Tester A 20-something with ADHD who turns to digital distractions when anxiety hits at work.

The Verdict "The idea of using more technology to tone down my anxiety seemed like a dumb move. And did I really need an app to tell me how to breathe properly? Apparently, yes. The app alerts always came at times when I was most in need of a timeout. One notification ('You seem tense. Take a deep breath.') was enough to snap me out of a 3 pm slump and power through the afternoon. Eventually I didn't need Spire's nudging: I began to opt for outdoor strolls to tame my tension instead of falling into the Facebook rabbit hole. Judging from my completed to-do lists, it pays off to take a breather."

MATT RAINEY (NIGHTSHIFT)



NIGHT SHIFT

\$349, patient.b-alert.com, not available in India yet.

When this prescription-only device senses that you're sleeping on your back, it starts to vibrate—and slowly ramps up the intensity until you move. Lying faceup causes the tissue that hangs in the back of your throat (aka the soft palate) to block your windpipe, which leads to snoring.

The Testers A 30-year-old who habitually snores (and his increasingly annoyed light sleeper of a wife).

The Verdict "My doc says I don't have sleep apnea, and I've tried everything to stop snoring—including the ol' *MH* tennis-ball-behind-your-back-tip. So I was wary of the Night Shift, especially since it resembled a dog collar. But it didn't take long to start training me. I'd roll onto my back, triggering the sensor to vibrate, which would make me turn onto my side to shut it up. By the fourth night I'd become an unassisted side sleeper and, to my wife's delight, a former snorer. I did feel silly wearing it, though. 'It makes you look like you're into weird sex stuff,' she said. Sadly, that was not an invitation."

MARC PRO

\$650, marepro.com, not available in India yet.

Marc Pro is a stimulation device designed to speed recovery by emitting a mild electrical current that causes muscle contractions. "This pumping action brings bloodflow—nutrients, protein, and oxygen—into the muscles and clears away waste from exercise," says orthopaedic surgeon Nicholas DiNubile, MD, author of the *FrameWork* book series.

The Tester An endurance athlete who wants to recover faster while training for a half marathon.

The Verdict "Dr DiNubile says the Marc Pro works best when your muscles are relaxed, so after my workouts I sat and shocked myself as I watched TV. Within a month, I began to feel fresher and faster during runs. Now I have an excuse to cool down on the couch." *MH*





Health

How to Tell If You're Peeing Too Often

If you have an especially busy bladder, run to your doctor
(after you sprint to the bathroom!)

SPRINTING TO THE BATHROOM IS normal when you've got a bladder that's about to burst. But if you're making mad dashes multiple times a day, it could spell a more serious health problem. Are you peeing too much? Here's how to tell.

If you're peeing more than seven times a day, something might be wrong, says Dr Rajeev Sood, director, Urology, Robotics and Kidney Transplant, Fortis Hospital, Delhi. Even if you aren't quite reaching that number, anything different from your normal routine can indicate a problem, too. But sometimes, Dr Sood says the change of frequency may just be a reflection of increased water intake. And some people tend to pass more urine in colder environments, he adds.

Answering nature's call two to three times a night can also be a red flag, since most people can get a regular night's rest without using the bathroom at all, he says.

UH-OH. I EXCEED THE NORMAL PEE LIMIT. WHAT GIVES?

When your bladder fills up with urine, nerve signals tell your brain you need to take a leak. But if you have an overactive bladder, those signals fire even when you're low on urine. And while there's not really any medical downside to frequently dashing off to the toilet, it could impact your quality of life by contributing to depression or messing with your sleep. Docs aren't sure what exactly causes an overactive bladder, but as you get older, your risk increases.

Other potential culprits include diabetes, urinary tract infections, and an enlarged prostate. The gland pushes on your urethra—the tube you pee through—and squishes it, making your bladder work harder to push the urine out. This extra activity inflames the nerves, sparking that panicked feeling.

What's more, the squishing of the urethra can cause a weak flow, which prevents you from emptying your bladder completely and makes frequent bathroom trips more likely.

Say you pee a lot, but your urine dribbles out especially slow. While that could point to an enlarged prostate, it can also signal something called a stricture, which is a build-up of scar tissue in your urethra. This could be due to previous surgery, an accident, or prior sexually transmitted

infection (STI). The condition is painful, and can cause urinary retention—which, if left untreated, can damage your kidneys—so treatment with cystoscopy or surgery is often recommended.

ALL THAT STUFF SOUNDS SERIOUS. COULD IT BE THAT I'M JUST DRINKING A LOT DURING THE DAY?

That could certainly be your answer, especially if you drink diuretics like caffeinated tea, coffee, or alcohol. Guzzling these beverages too late at night can have you waking to pee at night. So for a better night's sleep, try avoiding these drinks for about four hours before you hit the sack.

Feeling anxious or uneasy can also spark that gotta-go feeling, even if you just peed a little while ago. "Some people when they're stressed have a nervous stomach or nervous bladder," says Dr Sood. Focusing on something else to distract your mind from that feeling can help the urge pass. Using calming breathing techniques can be effective, too. So when is it time to call my doctor? If your frequent trips are starting to seriously impact your day, make the call. You should also ring up your doc if you feel pain while peeing or if you see blood in your urine. Both of those symptoms can be signs of a bacterial infection of the urinary tract, or even something more serious, like bladder cancer.

WHAT CAN I EXPECT AT MY APPOINTMENT?

Your primary care doctor will do a simple blood test to check for any underlying medical conditions—like diabetes—as well as a urine culture, which can rule out any infections. They may also perform a rectal exam to feel your prostate and see if it's enlarged.

Your doc might ask you to keep a log of your dietary and bathroom habits. This can help rule out anything lifestyle-related, like drinking too much caffeine. Before your doctor diagnoses an overactive bladder, he or she may need to rule out other causes first. For instance, your doc may order an ultrasound to check for something like kidney stones. Then you may be sent to a urologist for further testing.

Treatment depends on the cause of the problem: Your doc may prescribe antibiotics to fight any bacterial infection.

If you have an overactive bladder, your nerves fire even when you're low on urine

For an overactive bladder, they may have you try pelvic exercises like Kegels. If that doesn't help, your doctor may prescribe meds that relax your bladder, like Vesicare, Detrol, or Ditropan. In some cases, Botox can be used to calm your bladder and reduce the urge to go.

With successful treatment, you can improve your quality of life and reduce your non-stop toilet trips. An overactive bladder doesn't ever really go away, but you can learn to manage it and, in some cases, eventually stop your meds.

THE DANGER OF HOLDING IT

Ever thought about what happens when you "break the seal" during a night of drinking? Of course you're going to get the urge to pee after you've thrown back a few beers. But all it takes is one whiz to open up the floodgates, and before you know it, you're returning to the bar bathroom every 20 minutes.

The reason you can't stop yourself after that first pee is because the relief of urinating sends feel-good signals to your brain. To curb the frequent trips, you might try to hold in your pee. Bad move: Ignoring a brimming bladder could do some serious damage, says Dr Sood.

Once a buddy in his 20s had gotten drunk and passed out. The doctors said his bladder was holding the equivalent of about three bottles of wine and it became over distended, like a floppy bag.

After that, the patient was never able to urinate normally again and had to stick a catheter in his penis four to six times a day. That's the worst-case scenario. Doing a fidgety dance for an hour or two on a road trip won't lead to any permanent damage like that, but fighting your body's urge to pee for long periods of time can indeed wreak havoc on your bladder. If you hold it in to avoid public restrooms, for example, you could be more likely to develop long-term urinary tract symptoms like frequent and painful urination.

Breaking the seal doesn't sound so bad now, does it? **MH**

B Vitamin Breakdown

These key nutrients play an important role in keeping our bodies running by converting food into fuel. But the way we cook and process our food destroys the nutritive value. So watch how you take them

WHAT THEY ARE

B vitamins are a group of eight distinct nutrients that you need to ingest from food or supplements—your body can't produce them on its own. Among their many functions, the most critical is to help your body's cells operate at their best.

WHY YOU NEED THEM

Without enough B vitamins, your metabolism slows, making it harder for your body to convert food into energy, says Lovneet Batra, clinical nutritionist, Fortis La Femme. If your B shortages are severe enough, the symptoms can include poor immune function, anaemia, itchy rashes, and even depression.









HOW TO CONSUME MORE

"Eat a diet that's rich in lean meats, eggs, dairy, leafy green vegetables, and whole grains, and you'll be good to go," Batra says. Fortified energy drinks and cereals may provide B vitamins, but beware of the caffeine or sugar overload. Processed food, aerated drinks and foods high in preservatives can decrease B12 absorption, she adds. And if you're a vegan, fermented foods like idli, sprouts, tempeh, seaweed, and spirulina can be good sources. Probiotics (such as yogurt, miso, and kimchi) are good sources too as they stimulate the growth of the colon flora, which produce vitamin B. **MH**

DON'T GET BURNED BY ENERGY DRINKS: THEIR BOOST DOESN'T COME FROM B



INSIDE A SWARM OF B'S

	THE FUNCTION	THE SOURCE
Thiamine	Assists with DNA and RNA production, nerve function, and carb metabolism.	 ▶ Peas, legumes, nuts, seeds, whole grains, dairy, eggs
Riboflavin	Keeps your immune system performing optimally.	 ▶ Eggs, dairy, lean meats, leafy greens, legumes, nuts
Niacin	Turns food into available energy through metabolism.	 ▶ Fish, eggs, dairy, meat, whole grains, starchy vegetables
Pantothenic acid	Stokes your metabolism to burn off fats and carbohydrates.	 ▶ Avocados, leafy greens, eggs, dairy, mushrooms, chicken
B6	Helps facilitate muscle growth and the production of red blood cells.	 ▶ Chicken, fish, leafy greens, whole grains, beans, oranges
Biotin	Converts carbohydrates, proteins, and fats into energy stores.	 ▶ Baking chocolate, eggs, dairy, pork, whole grains, legumes
Folic acid	Aids in new cell production and prevents disease-causing DNA mutations.	 ▶ Leafy greens, lentils, beans, and citrus
B12	Helps your brain and circulatory system function properly.	 ▶ Shellfish, meat, chicken, eggs, dairy, whole grains

PHOTOGRAPHY: DREAMTIMES (FOODS)

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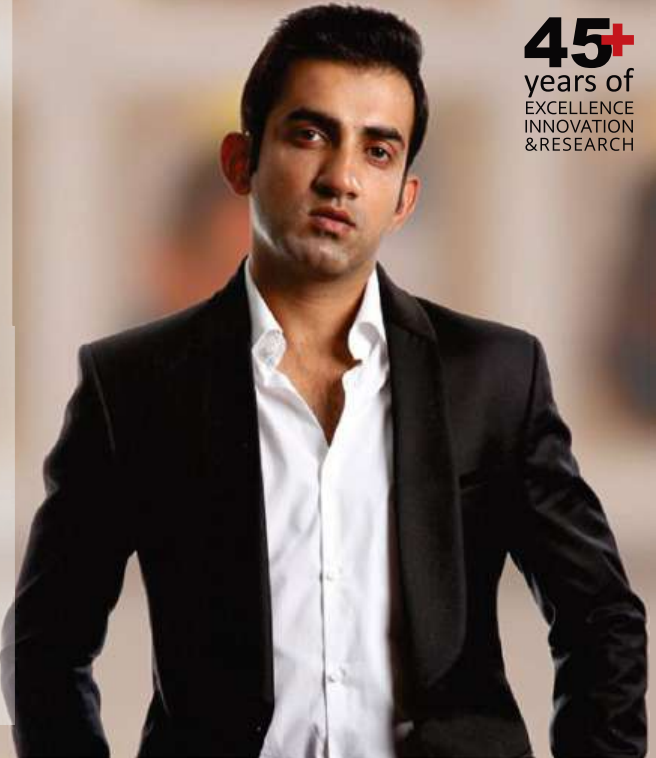
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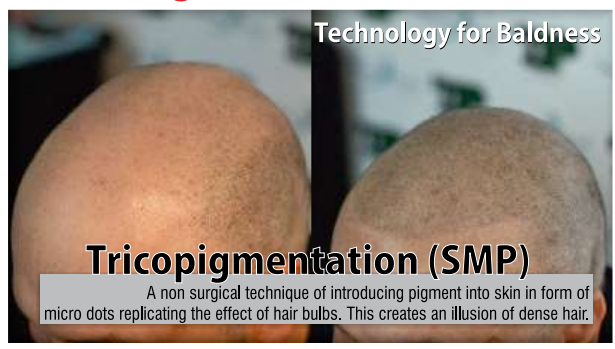
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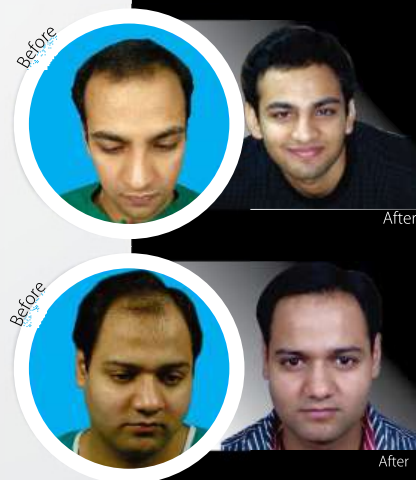
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Relationships

► ‘similarity attraction’,” says Delhi-based psychologist, Dr Pulkit Sharma. “If you seem more similar to people you like, they will like you back.” But don’t forget to be spontaneous, he adds, unless you want to be text bookish!

DOUBLE YOUR ODDS

She says “What are you doing this weekend, then?”

You say “Well, it depends—would you rather go for sushi or see a new band?”

Why? You’re applying a ‘double bind’, says Dr Sharma. “It’s psychologically giving her the illusion of choice, but both results benefit you. It can be very effective, but bear in mind, this is one for the end of the date, as it’ll either cut it dead or open things up. For something subtler, try: ‘If I choose a restaurant, will you decide what we do afterwards?’ That’s a ‘conditional close’—a form of negotiation to gain agreement.” It’s a win-win for you.

RIDE HER WAVELENGTH

She says “When I’m travelling, my favourite thing is to sit on the beach at dawn and watch the sunrise.”

You say “That sounds like an ideal image to picture when work’s getting you down”

Why? Reflect ‘visual’ words—like ‘image’ and ‘picture’ back at her to show you’re on the same ‘representational wavelength’. “Everyone fits into one representational system: Either visual, auditory or kinaesthetic,” says neuro-linguistics trainer Robert Steinhouse. “We’re attracted to people with the same preference. If she’s auditory, she’d use predicates like ‘hear’ and ‘listen’; if she’s kinaesthetic they’d be ‘hot’ and ‘feel’”.



SIX PASSION-PACKED PHRASES THAT SET THE STAGE FOR HOTTER SEX. WE’LL PROVIDE THE WORDS. THE REST IS UP TO YOU.

“I screwed up, and want to hear your thoughts.”

Whether you blabbed a good friend’s secret or ran over the neighbour’s limited-edition bike, admit it. Confessing an error in judgment leaves you exposed and vulnerable, which makes a woman want to wrap you in her arms. Telling her about it, wins her over even more—you’re showing that you value her opinion. The resulting combo of compassion and confidence will inspire her to make everything all better—or at least distract you.

“Did you know you have a heart-shaped freckle on the back of your left thigh?”

After the first few months of sex, inch-by-inch body exploration yields to cut-to-the-chase carnality. That’s a shame, because having her body mapped puts a woman in the mood for luxurious sex. Pull aside the blankets on a weekend morning and run your eyes and fingertips from her toes to her earlobes, making admiring comments along the way. You won’t get past her elbows before she pulls you in for a deep, wet kiss.

“I’m organising a team of volunteers for Summit for Someone.”

Whether it’s climbing mountains with inner-city kids or carrying the neighbour’s groceries, helping others boosts your sexy factor for two reasons. First, altruism shows her that you can put your own needs aside, which inspires her to take care of them for you. Second, your good deeds make her feel as if she’s dating up, because clearly you’re a better person than she is. She’ll want to join forces with you on your life’s quest.

“I want to accomplish a few key things in the next five years.”

When a woman hears a man talk about the future with a “whatever” attitude, her level of respect for him drops and her thighs snap shut. She was surrounded by way too many of those directionless dudes back in college, and she has learned that men who have clear goals and realistic plans for achieving them are rare. She’ll appreciate your far-sightedness, all the more. Making up your mind settles hers, as well.

“You must be exhausted. Let’s take a hot shower and I’ll scrub your back.”

The number one reason your partner turns down sex is because she’s stressed. And while she knows there’s no better cure for wound-up nerves than a spring-release orgasm, it can be hard to shake off the day’s distractions. By blasting the hot water and lighting candles, you’ll offer a tension-melting solution she can’t refuse. Once the hot water and your soapy hands chase the stress away, she’ll finally feel sexy again.

“I’m taking the day off tomorrow to chaperone my niece’s field trip.”

While a woman is impressed by a man who’s driven to succeed, she’s even more tantalised by a striver who’s willing to put a family member first—extra points if that family member is under 12. She’ll instantly flash-forward to when you’re the nurturing parent to her children. Come back from your kiddie outing with a cute stuffed animal for her and she’ll practically drag you into bed.

READ BETWEEN THE LINES

She says “I tried this amazing red wine— in Italy last year. I can’t remember what it was called though.”

You say “Where in Italy did you go?”

Why? What she really wants to talk about is her trip to Italy, so ask her. “One of the biggest causes of miscommunication is the divergence between ‘literal’ and ‘inferential’ communication,” says Dr Sharma. “Men tend to be literal communicators. Women are more inferential. In this example, she wants to show off that she’s travelled, so push the conversation in that direction. She doesn’t actually want you to help her remember the name of the wine.” Although ordering a bottle wouldn’t do any harm.

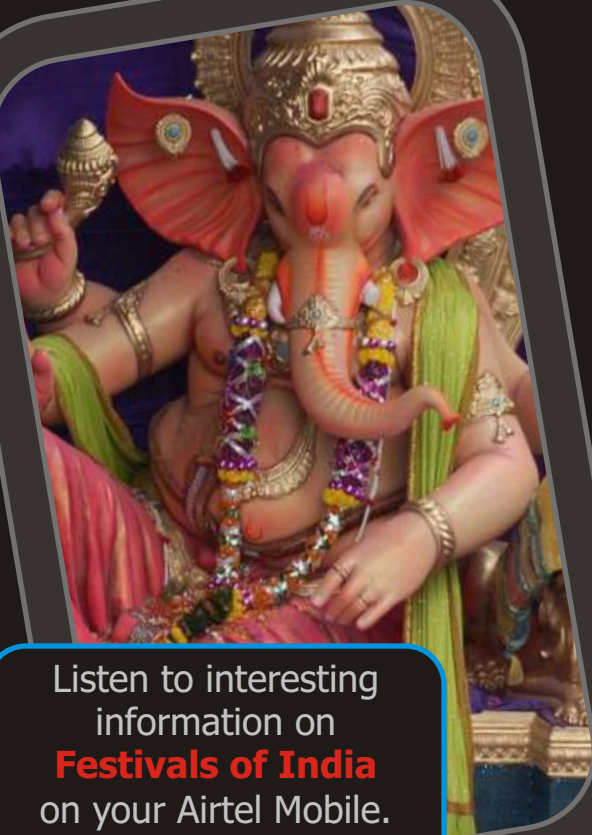
GET PERSONAL

She says “He said he’d bring the menu over in a few minutes.”

You say “Great, looks like he’s on top of things: We’re in safe hands.”

Why? “When couples use the same function words, particularly personal pronouns and prepositions (he, he’d, in, on), they’re more likely to be compatible and on the same level,” says Dr James Pennebaker, chair of psychology at Texas University. The key is in the brain’s Broca’s area, where mirror neurons (cells that enable us to mirror emotions) are the densest. This area of the brain also processes function words. Get in tune with her Broca’s area and you’re definitely more likely to get tuned into her other ‘areas’. [MHE](#)

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Are You Hooked?

Shopping, eating, tweeting—these activities, and more, may have a lock on your psyche. Use this guide to spot your own addictive behaviours and rein them in

DON'T DO DRUGS! STAY IN SCHOOL! Your physical instructor likely screamed this stuff at you back in college. I know, I've got it, you thought. Drugs are bad and I'm not going to become a drug addict, now just let me go play tetherball!

Chances are, you were probably right, and your instructor did a stand-up job. But drugs aren't the only things that can fuel a life-controlling habit. Today, millions are struggling with some variation of addictive behaviour—anything from social media to shopping to food. These are incredibly powerful drives, robbing individuals of their ability to make rational choices and avoid risk.

Of course, there is an important distinction between addictive behaviour and true addiction. Addiction generates a change in the brain, it's a memory that can be triggered after years of sobriety and can destroy a person's life. Addictive behaviours, on the other hand, like going to the mall, are not in the same category as alcoholism. That said, these lesser behaviours still impact lives significantly. We surveyed behaviour experts to gather some of the surprising ways certain habits may have a lock on your psyche.

SEX

There's considerable debate right now about whether or not sex addiction exists. The fact that you enjoy having lots of sex doesn't mean you're an addict, says Dr Mahesh Nawal, an Indore-based sexologist. It's the circumstances surrounding your sexual pursuits that define whether or not your enthusiasm is problematic. When you're losing control and enduring powerful, negative consequences as a result of sexual behaviour, you need to get help, he adds.

Symptoms:

- Allocating a significant amount of time towards sex-related activities, such as looking for partners and watching porn.
- Continued pursuit of risky sexual activity despite the potential negative impact it may

have on your health and/or relationships.

- Feeling restless and irritable when you're unable to engage in sexual behaviour.

Strategy: The key to beating sex addiction is regaining control over your sexual desires. Dr Nawal says the Internet is a huge enabler, isolating individuals and allowing users to access explicit content or quickly connect with other addicts for hook ups. The key is to not hide in your "masturbation fortress," and to leave the Internet behind. If you're unable to rein in your habits, see a therapist who specialises in addictive behaviour.

SURFING THE INTERNET

Sure, "Internet addiction disorder" isn't a term officially recognised by the psychiatric community, but that doesn't mean it isn't a real thing. According to psychologist

JUST ONE MORE SCROLL:
IT COUNTS AS
ADDICTION IF YOU
NEVER TAKE YOUR
FINGER OFF



Most people aren't addicted directly to the Internet, but rather the activities it allows

Patricia Wallace, PhD, author, *The Psychology of the Internet*, an alarming number of people unknowingly show what appear to be signs of addiction to the digital world. Most of the time people aren't addicted directly to the Internet, but rather the activities it allows them to participate in, says Wallace.

Symptoms:

- ☛ Neglecting those around you to get online.
- ☛ "Heightened euphoria" when engaged in Internet-related activities.
- ☛ Decrease in daily productivity due to Internet distraction
- ☛ Feeling more comfortable interacting online than face-to-face.

Strategy: In a world where technology is everywhere, it's tough to stop altogether. The key is to start small—slow, steady withdrawal and cognitive behavioural therapy are the ways to go, says Wallace. Fight that urge to check your email and keep your phone in your pocket. As you do that, give yourself real-world projects that you can focus on, and use a few minutes of Internet "catching up" as your reward, Wallace says.

WORK

It can't be a bad thing to want to do your job, can it? Truth is, those who are working more than 50 hours per week are more likely to have reduced physical and mental well-being, according to a Kansas State University doctoral researcher. "Workaholics" are obsessed with their occupation, and it takes away from other important areas in their lives.

Symptoms:

- ☛ Thinking about work outside of the work place.

- ☛ Doing work instead of eating and/or sleeping.
- ☛ Difficulty relaxing.
- ☛ Untrusting of others to complete work on your behalf.
- ☛ Losing interest in leisurely hobbies.

Strategy: Trust some of your co-workers to complete tasks. Typically, workaholics are control freaks, the researchers surmised, and passing some of the responsibility to someone can help you de-stress.

SCANNING SOCIAL MEDIA

A recent Harvard University study reveals that sharing personal information online activates the same part of the brain that releases pleasure when a person is eating a delicious meal or having sex. Being able to connect with old friends or video-chatting with a significant other has become a cornerstone of today's society, but can too much social connection have a negative effect on your external life?

Symptoms:

- ☛ Using social media instead of completing an important task
- ☛ Using social media to make you feel better about yourself
- ☛ Frequently staying on social media, longer than anticipated
- ☛ Neglecting real-life relationships in favour of spending time on social media

Strategy: There is a huge frequency element with social media because it's so readily accessible to users, says Wallace. If you're staying connected on your smartphone, the easiest way to start weaning your way off is to turn off your notification settings, so you're not feeding and rewarding the constant craving. **MF**

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Take The Test For Hotter Sex

You've heard the loose talk. Here's how it stacks up with reality



MEN REACH THEIR SEXUAL PEAK AT 18, AND WOMEN REACH THEIRS AT 28

HIT ☒ **MYTH** ☐

With regard to their supply of sexual hormones, at least. Testosterone peaks at age 18 in men; women's oestrogen hits its high point in their mid-20s. "But peak hormones don't mean peak sexual performance," says Indore-based sexologist, Dr Mahesh Nawal. So feel free to try for a personal best—at any age.

SEMEN IS LOW-CARB

HIT ☐ **MYTH** ☒

"Semen is mostly fruit sugar [fructose] and enzymes—not low-carb," says Dr Nawal. Which finally explains why there's no Oral Sex Diet.

MASTURBATION YIELDS THE STRONGEST ORGASM

HIT ☒ **MYTH** ☐

But it's not a hard and fast rule, as it were. "It depends on the individual," says Dr Nawal. "For some it does, but for others, there's nothing that beats good ol' intercourse."

MEN THINK ABOUT SEX EVERY SEVEN SECONDS

HIT ☐ **MYTH** ☒

That number is tossed around a lot, but the truth is that only 23 per cent of men claim to fantasise frequently. But maybe the rest are just too distracted to check the clock.

HAVING SEX BEFORE AN IMPORTANT EVENT—THE BIG GAME, THE CRITICAL PRESENTATION—CAN RUIN YOUR PERFORMANCE IN THE EVENT

HIT ☐ **MYTH** ☒

Swiss researchers performed stress tests on people two and 10 hours after the subjects had had sex, and found that by 10 hours, the participants were fully recovered. There was only a small dip in performance two hours after sex.

OYSTERS MAKE YOU HORNY

HIT ☐ **MYTH** ☒

You make you horny. There is no scientific evidence that oysters increase libido. But there may be a placebo effect, so if it works, great!

HAVING SEX IN WATER (SWIMMING POOL, HOT TUB, SHOWER) WILL KILL SPERM

HIT ☒ **MYTH** ☐

Some of your swimmers may die, but it isn't an effective method of birth control. Though a hot tub can overheat your testicles and kill sperm, there should be plenty left for the egg hunt.

YOU CAN BECOME ADDICTED TO WEB PORN

HIT ☒ **MYTH** ☐

But the risk is low. Only one per cent of all people who check out Internet porn will become addicted. If you're sporting a ring, be careful: 38 per cent of addicts are married.

THE AVERAGE ERECTION MEASURES EIGHT INCHES

HIT ☐ **MYTH** ☒

Relax, Shorty. It's closer to six. **MH**

Hit or Myth is a column that aims to help clear the misconceptions that have been hounding you all these years



INTALK WITH

HISAO MASUDA
MANAGING DIRECTOR,
OMRON HEALTHCARE CENTER

■ Why is blood pressure assuming great proportions amongst Indians?

High Blood Pressure (Hypertension) is emerging as a public health problems in the developing countries like India. You probably have high blood pressure (hypertension) if your blood pressure readings are consistently 140 over 90, or higher, over a number of weeks. This higher pressure puts extra strain on your heart and blood vessels. Over time, this extra strain increases your risk of a heart attack or stroke.

CAUSES:

Since I have been assigned to India, I got the opportunity to travel quite frequently and during which I have observed lifestyle and dietary habits tend to cause life style / chronic disease such as obesity, diabetes or Hypertension among Indians.

- * Always consult Doctor for any variation in your BloodPressure readings.

■ What steps should people take to keep blood pressure under control?

Even if you are not at risk of getting hypertension, certain changes in life style and adopting some practices can help prevent the high blood pressure.

- Increase physical activity.
It is advisable to work out for at least 40

consecutive minutes every day to maintain a healthy heart.

- Avoid smoking, alcoholic drinks and excessive salt.
- Maintain a weight as per the international standards set for different ages and sexes.
- Include fresh fruits and vegetables in your diet as an alternative to fatty or salty food.
- Avoid anxiety and stress as much as possible.

■ What is OMRON's role in building a healthier India?

Omron Healthcare India was established in 2010, with the primary objective of health monitoring at home so that people can enjoy healthy and comfortable life. we are continuously improving our products and services to satisfy the needs of our customers. Our aim is to strive for excellence in all our efforts.



Living The High

Can you be social and still be fit? Rushabh Choksi throws the myth into the bin and shows *MH* how

WORDS: PRIYA TALWAR PHOTOGRAPHY: SHIVANGI KULKARNI

RESTAURATEUR RUSHABH Chowksi knows that Friday nights and a beer belly go together, like wine and cheese. Chowksi also knows that the desire to eat, drink and be merry can sabotage your fat metabolism. So, what does one do if you are social? Choksi doesn't necessarily party every Friday night but being the co-founder of a tapas bar in

knows the importance of a good diet—no aerated drinks or alcohol. “My parents are inspired by the fact that I have such control (I don't smoke either) even though I am in the hospitality industry,” he says. These choices—abstaining from alcohol, sugary drinks, though, have come to him after years of dedication and focus, and after living an unhealthy life. “I used to eat ice-

DON'T WAIT FOR A TRIGGER

The transformation was promising, and he knew that it would take time. It was long and arduous, he agrees, but the results are immeasurable because of the feel-good factor and the energy and concentration he has now. “It took years just to get regular on my diet and exercise regime but more than anything else, you need to believe in yourself and inspire



Mumbai means he has all the reasons or excuses to have the biological age of a man in his 40s, despite being in his 20s.

ABSTAIN FOR HEALTH

“I don't drink alcohol, neither do I drink any aerated drinks,” says the 27-year-old who started Escobar with his brother. A chubby teenager, Choksi says that he now

creams, chocolates and pizzas almost three to four times a week.” The sugar bombs that he has now eradicated from his meals were making him feel lethargic. “I could hardly run for a few minutes without panting but now I can do an MMA (mixed martial arts) session for three hours with the same intensity,” he adds.

yourself. You need to see the progress in the mirror and want more,” he says.

He tried a liquid only diet for a few weeks and he knew he had to stop because it took a toll on his body. Now he drinks a glass of luke warm water with lime first thing in the morning. His breakfast includes a glass of milk or milk tea (without sugar), lithesome oats.



PHOTOGRAPHY: SHIVANGI KULKARNI (WWW.INDIATODAYIMAGES.COM)

You need to believe in yourself. You need to see the progress in the mirror and want for more

RUSHAB'S TIPS

➤ Learn from your mistakes

One of the most common mistakes people make is that they diet rigorously, starve themselves and then binge on food on off days. That's a complete no. Have a diet you can maintain.

➤ Don't workout till failure

I tried that and nearly hurt myself. Push as much as you're capable of. Increase intensity gradually.

➤ Be informed

When I started, I was always told I needed to be a non-vegetarian to build muscle but that depends on your goals. I'm a pure vegetarian and I know that it is not impossible, especially with all the protein supplements available and a little bit of dedication.

An apple, some walnuts or almonds and a protein shake are a great source of protein and ensure good metabolism, he says. Lunch consists of boiled veggies or grilled veggies (broccoli, spinach, mushrooms, pumpkin and cauliflower), a portion of salad, some low-fat curd or low-fat paneer with two amaranth parathas without oil. In the evening, he eats a peanut butter sandwich and an intra-workout supplement while working out. He has a protein shake after the gym, and for dinner, he has boiled veggies or grilled veggies, a portion of salad and if he is still hungry, he has a dark chocolate (NSA) or a protein bar. **MHI**



SCENT AND SENTIMENTS

YOUR BODY ODOUR IS POWERFUL ENOUGH TO DETERMINE YOUR REPUTATION—PROFESSIONALLY AND PERSONALLY. KEEP IT IN CHECK AND ITS DAMAGING EFFECTS WILL STAY AT BAY

WORDS: SOHANI DOGRA



E

Everyday courtesies go a long way and that is exactly what Raghav Grover, a 27-year-old banker from Delhi practised at his job and in his personal relationships. One day, during an annual work meeting, Grover was horrified to be a part of a conversation where he himself was the topic of discussion, when his manager briefed the entire team on the importance of corporate etiquettes, especially in relation to body odour. "To my utter shock, I was at the receiving end of all those stares in the conference room and suddenly all those quiet lunches and coffee breaks started to make sense. After the meeting, one of my colleagues explained to me that no matter how good I was at work, my performance was being judged on something that I took rather casually. Speechless, and thoroughly embarrassed, I decided to skip work for a few days after that conversation," shares Grover.

With his self-esteem and confidence shaken, the annual meet was nothing but a bad memory that would haunt him forever. However, Grover decided to pick up the pieces of his fragmented ego and work on his new and better groomed avatar. He had realised that nothing was worth the

effort, if it wasn't projected the right way. "Superficial, or whatever we may call it, one cannot function without looking, or in my case, smelling, the part well. Self presentation doesn't begin and end with an impressive resume or a fancy cover letter," says Grover.

BUILDING FIRST IMPRESSIONS

We live in a world that functions on sharp reflexes, instant reactions and even quicker judgements, so mastering the art of making a good first impression is an essential skill for one to function in this day and age. A series of recent studies, presented at the Society for Personality and Social Psychology (SPSP) annual conference in Texas, showed that "appearance affects everything, from whether we end up liking someone to our assessment of their sexual orientation or trustworthiness."

Professor of psychology, Nicholas Rule, in his study, further highlighted, "first impressions can override what we already know about a person and that we can even form a theory on an individual just by looking at them."

"The scent of a man is a noteworthy part of the first impression that he builds, and we only have seven seconds to make a good one. The usual criteria ►



IT STARTS
WITH YOU



**NEW BODY
DEODORIZER***



**GET DAY-LONG BODY ODOUR CONTROL
FROM JUST 1 USE****

*New range of gas-free product from NIVEA MEN. Based on a study conducted by IMRB among 250 men from SEC-A1 in Mumbai and Bengaluru in Sept.2015; **1 use = 6 sprays on underarm skin at a time.

► for judging someone within such a short time frame is, how they walk, how they dress, how they greet us, along with their body scent, which forms a significant part of the same,” says William Hanson, senior tutor and director

BODY ODOUR EFFECTS DON'T MAKE GENDER BASED DISTINCTIONS; HENCE THE RULES OF THE GAME REMAIN THE SAME FOR ALL

of operations, The English Manner, representing the Wasan Knowledge Hub in India, a company that offers courses for personality development and social skills development.

“The old adage—‘the first impression is the last impression’ is particularly true in the case of body odour. People can be superficial and form opinions based on appearances. People with body odour can even lose work opportunities and relationships; therefore, it is crucial to have an insight and awareness about it. Though ignorance is often bliss, it certainly isn't in this case,” says Dr Vipul Rastogi, consultant neuropsychiatrist Medanta Hospital, Gurgaon.

This could serve as compelling evidence that would have us believe that the numerous fragrance and deodorant ads making rampant rounds on our

television screens everyday are justified; the market for these fragrances is growing, and why not? That's exactly what seems to flatter men and their counterparts today. You know the drill: Spray on some of your favourite cologne and that's enough to make you a

walking magnetic field for the opposite sex; this makes it noteworthy to remember that packaging the product well is all the matters. “We all like to be only around people who attract us and a bad smell can in no way contribute to that,” adds Hanson.

IDENTIFY THE CULPRIT

Body odour effects don't make gender-based distinctions; hence the rules of the game remain the same for all. However, since men are often known to pay less attention to even



basic grooming habits, they fall under the target zone easily. But with growing awareness and a wide variety of options, there isn't any excuse anymore. On the contrary, there are examples of a certain few who can often pose stiff competition to even their counterparts. "Men today are as concerned about their grooming habits, as their partners and this is especially true in urban settings, because of increased awareness and the need to present oneself in a more socially appropriate manner," adds Dr Rastogi.

But the question still remains: How do you know when your own body odour turns out to become the biggest demon to fight? According to a recent study, *Nivea New Indian Male Odour*, "Though body odour and its management has become increasingly important among young adults; while 50 per cent of them strongly feel that bad body odour is a serious issue to be dealt with, both in their friends and colleagues, only a small percentage believe that they themselves could be suffering from it. 'It's the other guy's problem', is the common refrain where a larger majority still remains in denial of being the perpetrators (82 per cent)."

However, checking your armpits from time to time, as insane and obnoxious as it might sound, is the best way to ensure that you keep yourself smelling bearable, if not awesome, at all possible times. The study also observes that, "There is a new addition to the urban Indian male's daily grooming ritual. The ultra

casual approach of men has now been bolstered with the additional ritual of raising one's arm and checking for body odour, before interacting with the outside world."

DAMAGING EFFECTS

Though it's hard to comprehend that your body odour can make or break your associations with people, the fact of the matter remains, that it really can. You don't want to be the one who remains the topic of all the discussions (read, negative) at your work place.

"Personal grooming holds extreme relevance; it gives one confidence and also shapes others' opinion of us. Just like trimming hair and nails is essential, it's equally important to be aware of your body odour, says Dr Rastogi. "Even if you use the best brands and have a six-pack body to flaunt, nothing will work if you have a terrible body odour; even when you're functioning in a professional set up, it can pose a serious threat to your job," says Delhi-based grooming expert, Pria Warrick.

And, if you thought that only your work life could come in question here, think again. "Relationships begin when people interact on a personal level, and if that initial interaction is displeasing, then it is unimaginable that your relationship will go any further. For that matter, even after people have been in a relationship or have been married for years, having unbearable body odour can still cause

PUT ON THE ARMOUR

You don't want your fellow colleagues or friends ganging up on you at work or social gatherings for something as petty, (yet big) as your body odour. Get yourself equipped with the essentials to score well at every step



"Get your partner or a trusted friend to keep you in check.

Sometimes we are oblivious to our own smell. Shower twice a day, particularly in hot climates or after prolonged physical activity," says Hanson.



"Keep a check on your breath, i.e. the foods that you eat.

You don't want to come back to the conference post lunch, smelling of all that you ate: Onions, garlic, and fish to name a few, are a complete no-no. It's important to be aware," says Pria Warrick.



"Attend personality development classes

and make yourself aware, but to a limit. Being over concerned can turn into an obsession and lead to isolation, avoidance behaviours, social anxiety and depression," says Dr Rastogi.

physical repulsion, which will eventually lead to the relationship getting strained, and breaking down," adds Dr Rastogi. We, as humans, have a tendency to recognise and remember the scent of those close to us; our sense of smell, which can recall odours that we have an emotional and sexual connection to, makes it all the more vital for individuals today to be vigilant towards their body odour and create only pleasant lasting impressions.

Addressing bad body odour (BBO) clearly as *badboo*, the Nivea Study also came out with some shocking results with its detailed research on trends and behaviours of consumers between the ages of 18-35.

With some strong opinions about BBO at workplace, the study says, "An overwhelming majority (91 per cent) of individuals feel that organisations should take the responsibility and create a body odour test at the recruitment stage itself, so that people with BBO do not get selected at all and colleagues suffering from it should be fired from their jobs. But on the tricky issue of bosses with BBO, 70 per cent found themselves to be helpless at addressing the issue and advocated the creation of an anonymous feedback system." So, next time you hear someone say to you, "Hey I have got this new deo, you should try it," you'll be smart enough to take the hint.

But while you're all geared up to fight the body odour battle, don't get too swayed into committing (overdoing) errors. "A man's smell should be subtle and not overpowering in a room," points out Hanson. **THE**

A person is shown from the waist up, performing a pull-up on a metal bar in a gym. They are wearing a blue and white patterned long-sleeved shirt and a gold chain bracelet. The background is slightly blurred, showing other gym equipment.

Men's Health lists the most popular
body makers in the country today
and celebrates their path-breaking
fitness plans that can help you
build your best body ever!

THE BEST PERSONAL TRAINERS IN INDIA

WORDS: JAMAL SHAIKH
AND REGI JENARIUS

PHOTOGRAPHY:
SHIVANGI KULKARNI
SUBIR HALDER
AND VINOD AGGARWAL

Long gone are the days when hiring a personal trainer was a luxury, affordable only for a privileged few. Today, no matter who you are and what your fitness goals maybe, a trainer is an invaluable asset—one that you don't have to empty your pockets on anymore either. They've become your go-to guide for your journey to building a better body. They can't train for you, but will hold your hand and lead you in the right

direction, so you don't waste time and energy going astray. They'll pull you down only so you can rise higher, criticise you, so you can push yourself harder, and most importantly understand you so that they can guide you in ways you never thought were possible. They say a trainer is someone you can (literally) have a 'mind-body' connect with. So here they are, 11 of India's best in the business. Go ahead, take your pick.





THE CROSSFITTING YOGI KAMAL CHHIKARA

As a model-turned-yoga instructor turned-Crossfit (CF) coach, Kamal Chhikara had to see the glamorous side of life to realise his true purpose. He took to yoga, after his initial obsession with sports as a kid, to get into shape for his stint as a model. But his passion for training people was triggered after he first witnessed poor training methodologies and mindless group sessions at a local gym. He figured he could do much better, and all he needed was a small set-up of his own—and what better than a CF studio to impart specialised training? His experience in these two methodologies of training helped him train people through CF, as well as yoga, giving his sessions that extra appeal. The positive response he's been getting, not only

from the CF community but also fitness community at large, has earned him a lot of praise. He hopes to open more CF boxes to teach people how to move and live better.

What advice would you give to a hardcore Crossfitter?

I would just tell them to hold off from loading the bar with excess weight, and focus on moving well, before moving fast with heavy weight. For instance, if I want to do 10-15 reps of squats with 45 kilos, I should first be able to perform at least five squats with double the weight with ease. Also, before you get to power moves like Olympic lifting, make sure you have the mobility, stability, strength and power, in that order, to execute a particular move.

THE KETTLEBELL EXPERT MANISH RUHAIL

Manish Ruahil's work ethics were forged at an age when most teenagers begin experiencing nightlife. For Manish, it was long night shifts at call centres as a teenager that helped him work 16 hours at a stretch and the practise continues to be the same as a fitness trainer today. After spending seven enriching years at Fitness First, where he grew tremendously as a trainer and a fitness educator, he became one of the first Master Kettlebell Trainers for the International Kettlebell and Fitness Federations in the country. His gold medal at the Bangkok Kettlebell Championship in 2014 has greatly helped him build recognition

for kettlebell training, not only as an integral part of fitness, but also as a sport in the country. Manish hopes to build a healthier nation by enhancing the quality of trainers.

Manish, why should we include kettlebell training in our workouts?

There's no better training tool than a kettlebell for a quick workout session. Unlike strength training, a kettlebell works on all aspects of fitness, strength, endurance, power, flexibility and joint mobility, simultaneously. All you need is a 30 minute workout to reap all its benefits!



FROM
PREVIOUS
PAGE



FIT TO THE CORE YASMIN KARACHIWALA

One look at Yasmin and you'd think she was born an athlete. As someone who pays a considerable amount of attention to the way we sit, stand and walk, she really does exemplify what she preaches. Little do people know that she actually stumbled onto Pilates by accident. "It started out as something I picked up to make a few bucks on the side. My passion and intrigue grew when I discovered the things you could do with your body," she says. As one of the only BASI (Body Arts and Science International, US) certified Pilates instructor in India, she believes that a body that performs well bio-mechanically, automatically burns more fat and

generally functions better. Her diverse clientele seem to believe in that philosophy as well. Her credo all along has been to not only look good, but to feel good in addition to being healthy.

Yasmin, how do you think women should approach strength training?

Well, for starters, women are incapable of building muscles like a guy. They don't have the testosterone to build muscles like men, no matter how hard they train! They should rather focus on understanding their body type and then pick exercises, which include strength training, to enhance it.



SUPERSTAR AMONGST STARS DEANNE PANDAY

Deanne's first boutique gym called Play was so beautifully designed, the interiors often overshadowed the big Bollywood stars that worked out in it. Situated conveniently just off Carter Road in Bandra, it soon became the hub of top celebs who wanted an unintrusive place to work out. Deanne's claim to fame may be her proximity to actors and actresses, but that tends to belie her own personal achievements. The actor's fit physiques are often a result of Deanne Panday's rigorous training; her methods are unconventional but extremely effective, and while naysayers will say her book got all the attention because her friend Shah Rukh Khan launched it, nobody can say it became a best seller that way!

Deanne, tell us how to get the body of a Bollywood star?

Every workout is as individual as a fingerprint, so don't ape! A body that's functionally fit, is fit from the inside out. Bollywood star-like aesthetics are important, but more important is being injury-free.



THE NUTRITIONIST WITH MUSCLES DR ASIF KHAN

He may be the head of the fitness facility at a luxury five-star hotel with a string of qualifications attached to his name, but at heart, Dr Asif Khan is a believer that fit bodies are not made by exercise, but by changing eating habits for the better. The low-profile, unassuming fitness expert who works out of the JW Marriott, Mumbai and trains some of the city's top industrialists, believes that nutrition deserves more than half your attention when getting fit, and is more important than workout and rest. Hailing from humble beginnings, Dr Khan's biggest strengths lie in two things: 1. That he has experienced the unfit-to-fit journey first-hand. And 2. His intrinsic understanding of Indian food helps him create vegetarian diets for his clients that may be tough to get used to, but show definite results.

Dr Khan, tell us the three biggest eating mistakes Indian men make, and how can we correct them?

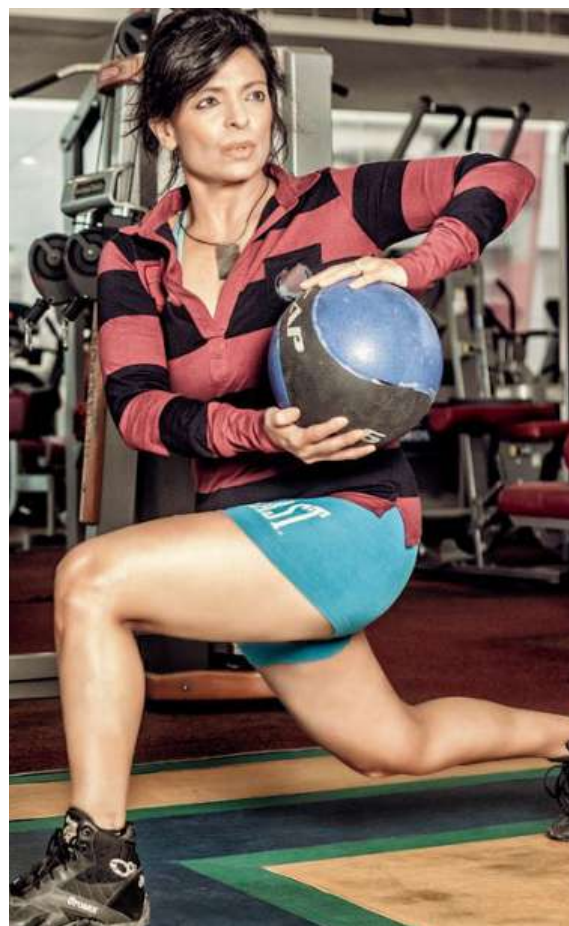
Avoid sugar and refined carbs; have a basic knowledge of macro and micro nutrients and always eat on time; but when you do not have access to a clean nutrient, skip a meal. It's better than dumping junk into your body. Remember: Interval fasting is always better than junk eating.

THE LADY AMONGST MEN LEENA MOGRE

If you have fond memories of Madhuri Dixit at her prime (think *dhak, dhak karne laga*), you should know that the actress with the dazzling smile was trained by none other than Leena Mogre. Those were different times, when fitness trainers were hard to come by and Mogre was amongst the first. She went on to launch the mega-successful "Gold's Gym Bandra," then successfully launched her own fitness studios, Leena Mogre Fitness. Her chain has the distinction of being India's first attempt at a 24-hour gym chain, a feat even well-known brand names haven't been able to achieve. Today, Mogre continues to run her gyms across the country, has mentored a fair number of well-trained fitness experts, and continues to inspire by authoring books, appearing on television or just flaunting her near-flawless physique.

Leena, what's the advice you'd give a budding personal trainer?

Fitness knowledge is to be shared. The more you educate your client, the more he will trust you and feel safe in your hands. So, no secrets! Show results, and don't wait for your client to ask you why.



MR BEAUTIFUL BODY JUNAID KALIWALA

His love affair with muscles started at a very early age. "If it wasn't for fitness and modeling, I'm sure I would be dancing or acting," he says. Raised by a single parent, success in this industry didn't come easy for him. From working alongside street vendors, to being a part-time model, to working as a sales executive, it took a tremendous amount of patience and character from Junaid to finally pursue his passion. His status as a bodybuilder and a physique competitor rose to new heights when he became the first Indian to compete at the Arnold Classic, giving him the visibility he desired. He's not only a juggernaut in the bodybuilding community, but now is also a revered fitness counsellor. With the space that he has been instrumental in developing and the reputation he is mustering up for himself, don't be surprised if India soon starts having fitness icons of its own!

What's the mistake guys make when they look to becoming a fitness model?

If your training includes following your favorite Ronnie Coleman workout video, you'll never build the ideal body of a fitness model, and most likely never be able to emulate Ronnie himself, either! You need to keep in mind that there is a notable distinction between the training methodologies of a fitness model and a bodybuilder. Focus on aesthetics and symmetry, and strictly consult only fitness models for advice.



SLUMDOG MUSCLE RAKESH UDIYAR

Born to a family of slum-dwellers and having lost his father at an early age, Rakesh picked up several odd jobs, including becoming a sweeper boy at a gym to make ends meet on his journey to becoming a top trainer. His initial inroads into personal training came after he successfully trained small time models and aspiring actors with whatever information he mustered up through observation and reading. The knowledge he's acquired, and the respect he's earned over time, has seen him train numerous celebrities, including Arbaaz Khan, Diya Mirza, Aamir Khan and Salman Khan. From a kid who didn't have money to afford a bag of rice, to becoming a man who travels to distant places like Arizona, USA to train with renowned bodybuilders like Dennis James, Rakesh's journey is one that definitely embodies inspiration and endless courage.



What advice would you give to a budding celebrity trainer?

Train people in a manner that gives them visible results. If you have sound work ethics and are result-oriented, sooner or later your work will get noticed. I once trained a model who couldn't even afford my fees. His recommendations have gone a long way in helping me get to where I am.



MR SCRAWNY TO BRAWNY KOUSHIK BALIAL

The fact that Koushik Balial has made a name for himself in the city of joy, where 'joy' often equates to sitting back on your armchair with a book in your hand, sipping a cup of tea rather than an active lifestyle, is commendable! Koushik has built his reputation by catering to those seeking quality fitness expertise in a city where finding a good trainer is hard to come by. Along the way, he's managed

to spread awareness, has earned the goodwill of everyone he's trained and built a fitness community in Kolkata. The mistake he made by enrolling himself in a gym as a skinny college guy to 'bulk up', changed his mindset towards training altogether. "Some people hate change, but I love the learning and challenge that accompanies it," he says. The injuries that followed forced him to delve deeper into the subject to find answers and eventually made him an expert. Today, as one of the most sought out personal trainers in Kolkata, he hopes to transform the minds and bodies of the people who wish to seek his guidance.

Is misinformation or demotivation a bigger problem?

They both go hand-in-glove with each other. Demotivation is often a result of unrealistic goals that people pursue. Follow this simple train of thought: If you can't do five proper squats with 60 per cent of your body weight in five seconds, you should scratch the box jumps off your training itinerary.



IN LOVE WITH FITNESS VESNA JACOB

With blonde hair and attractive features, you'd think it'd be distracting for her students to concentrate. But Vesna's no-nonsense demeanour, passionate instructions and clipped Bosnian-English accent, has given her a reputation to reckon with. What few know is that her move to India was the result of an online love affair with her husband at a time when TCP/IP internet connectivity was all one had. (3G, 4G and dropped calls were all a dream!) Vesna had also been through a debilitating accident and used fitness and resolve to bounce back. Despite being an Indian wife and a native non-Indian, Vesna went on to work in the fitness industry, create young trainers, launch gyms, train some major corporates, and now runs her own fitness studio in Delhi. In front of all she's done, even the fact that she's so pleasing on the eye seems pale in comparison.

Vesna, what's the biggest mistake Indian men make when it comes to fitness, and how can we correct it?

Not understanding how their body works, Indian men work out too hard or too little. Here are a few tips: Balance cardio and strength training, whole body versus weights, improve flexibility, strive towards proper work/rest ratio, eat clean and hydrate, hydrate, hydrate; then look at supplements to add the edge. And of course, keep reading *Men's Health* for updates on how to train and live smart!

THE HOLISTIC APPROACH LUKE COUTINHO

As one of the few holistic health practitioners in the country, Luke Coutinho is a stand out amongst fitness trainers. Luke started his journey as a lifestyle and exercise coach and the latter required him to treat people through a multifactorial approach, which required him to use his knowledge of nutrition, special exercise, medicine, mental and physical healing in conjunction with each other. He mission is to build awareness of the philosophy he follows in society. "We are all products of nature and therefore we respond to the biological parameters that define us. If we are able to align our lives, including the way we eat, sleep, move and think, with nature, we will naturally thrive." Apart from his integrated approach to training and healing, he is also currently researching supplements, spices and foods that can boost immunity, target cancer stem cells, heal, cure and prevent diseases.

What's missing from most training plans nowadays?

The personal touch is found lacking in most of the 'latest' fad workouts that people adopt. Most fads are not designed for beginners or necessarily for your body either. You'll be better off finding an exercise programme that you enjoy and that suits your body. Some of the best programmes only last for around 30 minutes or so (to avoid an increase in your cortisol levels) and usually include adequate rest periods. **MH**



HALL OF FAME

MH BEST PERSONAL TRAINERS 2014

ABBAS ALI

Creator of Bodyholics, Ali promotes a multipronged approach to fitness, combining calisthenics, parkour and weight training.

ASHOK NATH

Age is just a number for this veteran running expert and *MH* columnist. Nath is also a six-time Boston marathon qualifier.

DECLINE LEITAO

What sets *MH* columnist Leitao apart, is his understanding of the Indian psyche and an approach that balances ideologies from the East and the West.

DEEPAK RAWAT

As the national fitness manager of Fitness First, Rawat trains his clients using the latest fitness trends with an array of signature programmes.

SHAYAMAL VALLABHJEE

A sports and exercise scientist, Vallabhjee has a decade of experience in training sportsmen.

JIVESH SHETTY

A fitness model, Shetty cuts a striking figure for his active role in powerlifting and bodybuilding.

KAIZZAD CAPADIA

From being a competitive bodybuilder to being one of the first CSCS qualified strength training experts in the country, Capadia is a stalwart of the industry.

KAMAL SINGH

This *MH* columnist uses strength training,

not painkillers, to treat injuries.

KRIS GETHIN

A bestselling author and *MH* columnist, Gethin is also one of India's most sought-after celebrity trainers.

PIYUSH PANDEY

Former state level boxer, Pandey is also one of the first people to setup a CrossFit box in India.

PRASHANT SAWANT

A celebrity transformation specialist, Sawant caters to an A-list clientele—like SRK and Varun Dhavan.

SATYAJIT CHOURASIA

Known for his Bollywood clients, Chourasia believes training the bigwigs of showbiz is the only way to bring about a change in the way health is perceived.

SHERU AANGRISH

Former Mr India, Aangrish is the man behind Sheru Classic, the first ever international level professional bodybuilding championship in Asia.

SHIVOHAM

A Crossfit expert, Shivoham is also, known for packaging movements ranging from gymnastics, weight lifting and strength and conditioning together.

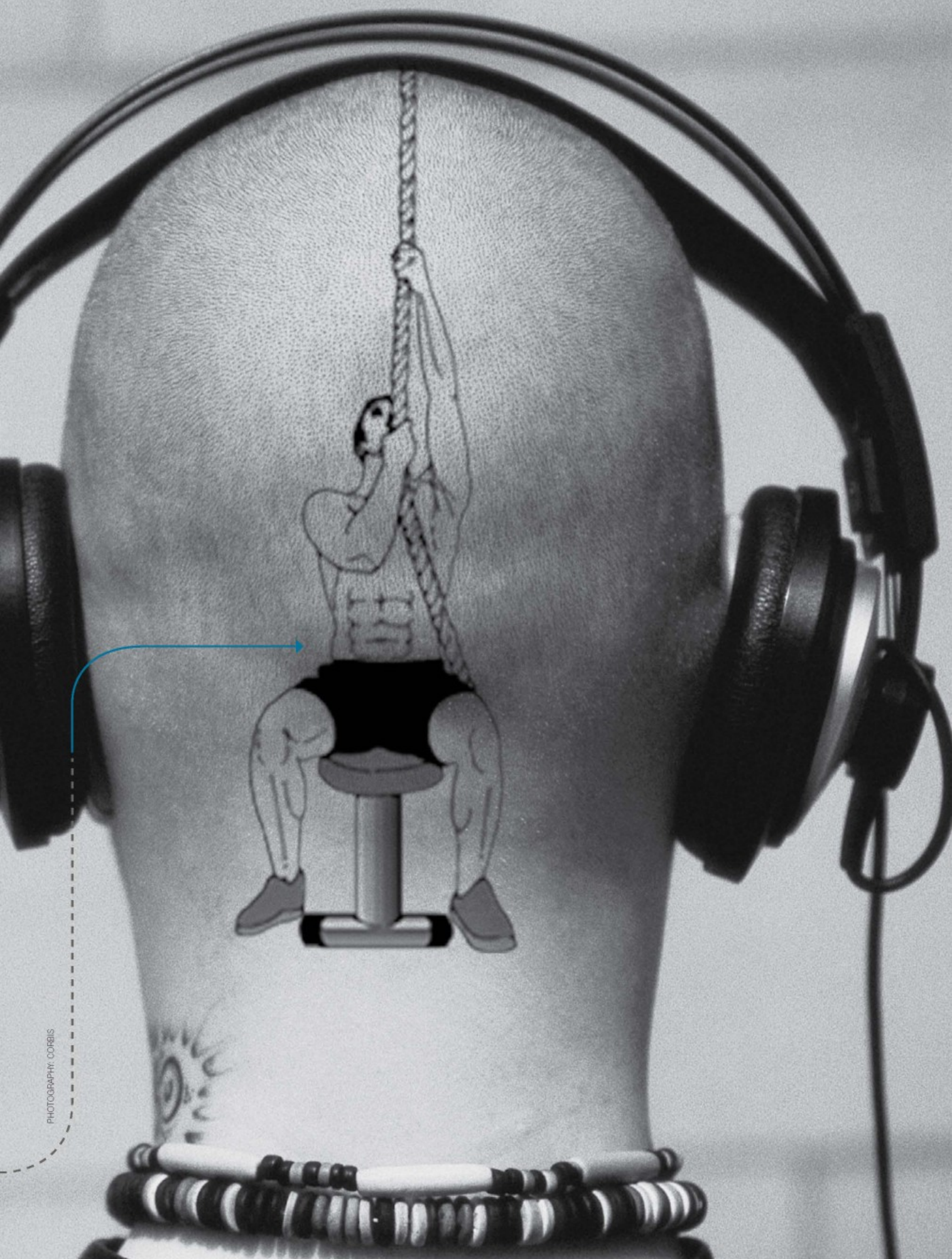
VINOD CHANNA

The man behind the physiques of John Abraham and Shilpa Shetty, Channa is also a specialist in animal flow workouts, yoga, rehabilitation, nutrition and supplementation.

70

WAYS TO IMPROVE EVERY DAY OF THE WEEK

YOU HAVE
365 DAYS.
HERE'S HOW
TO TAKE
CHARGE OF
EVERY ONE



YOU HAVE 365 DAYS (AND OCCASIONALLY AN EXTRA ONE) EACH YEAR. THAT'S 365 OPPORTUNITIES TO IMPROVE YOUR FITNESS, HEALTH, LOVE LIFE, CAREER, DIET—ANYTHING! AND, BEST OF ALL, YOU CAN TAKE CHANCES—IF SOMETHING DOESN'T GO THE WAY YOU HOPED, YOU HAVE PLENTY MORE OPPORTUNITIES TO TRY AGAIN. HERE'S HOW TO TAKE CHARGE AND GET THE MOST OUT OF EACH DAY

01

Monday START OFF RIGHT

Crank The Tunes

Blast out of the gate on Monday by listening to up-tempo music before your workout. Israeli scientists say this can raise your heart rate, rev you up for an intense exercise session, and temporarily boost muscle power by 10 per cent.

02

Pump Out The Anger

Three's the magic number: A University of Alabama study found that men who completed three weight workouts a week for six months improved scores on tests of tension, anger, and overall mood.

03

Dump Your Bacn

This is the term for e-mail newsletters you've subscribed to. Kill them off Monday morning. A study by Message Gate estimates up to 30 per cent of e-mails are bacn. A huge inbox slows searches and makes your head hurt.

04

Hug Her Before You Shower

The smell of male hair and skin makes women less tense and negative, according to University of Utah scientists. So start her week off right.

05

Seek The Truth By E-mail

That's the best way to find out why your colleague skipped the Monday meeting. A Cornell study suggests that people are more than twice as likely to lie over the phone or face-to-face than in an e-mail.

06

Clear The Air

Women who keep the tension corked are more likely to die of heart disease, say Boston University researchers. If you think she's percolating about something, ask what's on her mind.

07

Don't Talk With Your Thumbs

Strive for quality social time this week by talking, not texting. Frequent texters are more likely to face loneliness and social anxiety, says an Alliant University study.

08/ Channel Your Lunch

If you feel drawn to the vending machines on a hectic day, British researchers suggest you think about what you ate at lunch. Recalling a recent meal may enhance awareness of how satisfying the food was, which will help you eat less.

09/ Turbocharge Your Protein

Commit yourself to healthy, varied lunches, and start by topping your chicken club sandwich with broccoli sprouts. Compared with mature broccoli, these have up to 100 times the potent compound sulforaphane, which can help fight cancer.

10/ Buy Her A Latte

Sow the seeds of some stress-busting sex with a well-timed coffee buzz. A Southwestern University study found that female rats wanted more sex after a shot of caffeine. (Don't mention the rat thing to her, though.)

Tuesday HIT YOUR STRIDE

11/ Write It Down

Think about how the prospect of your own death makes you feel. Now express that feeling in writing. A study in the *Journal of Sport and Exercise Physiology* found that this simple act can boost your motivation to exercise.

12/ Break Some Eggs

Wayne State University researchers found that eggs at breakfast put the brakes on hunger and reduce calorie intake later in the day.

13/ Clear the Decks

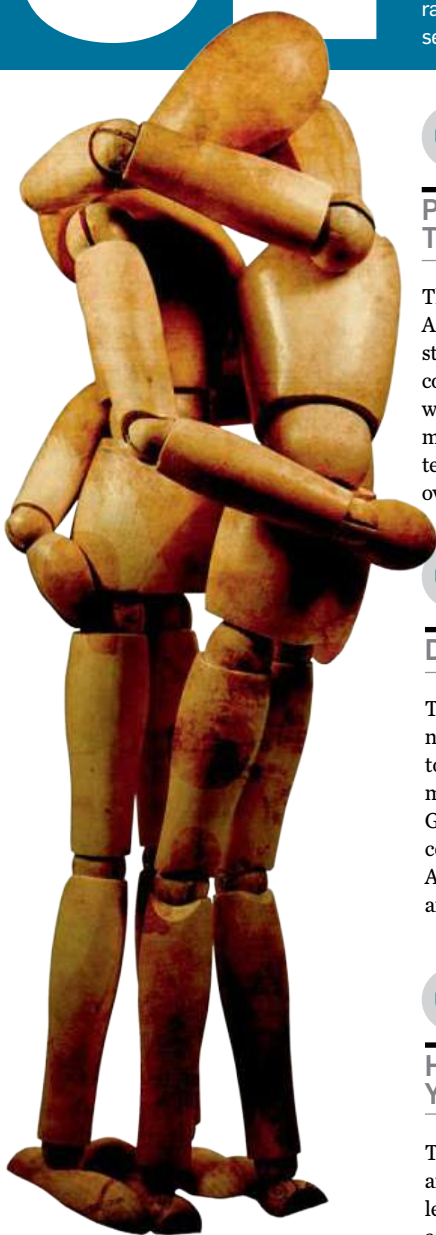
Hit critical projects early. A Harvard study indicates you start becoming less alert after lunch, so keep non-essential meetings for the end of the day.

14/ Psych Yourself Up

Lifting at lunch? In a British study, men who mentally focused on an exercise for 20 seconds prior to lifting could hoist 12 per cent more than those who didn't focus beforehand.

15/ Slam Some Go Juice

Big project this afternoon? In stressful situations, glucose-rich drinks



Stretch Like a Cat

It's like hitting a reset button when you roll out of bed. According to the Mayo Clinic, stretching improves posture, promotes blood flow, and relieves body tension.



improve mood and mental performance, according to Dutch researchers.

17/ Add A Light Set

Japanese researchers found that going easy at the end of your heavy strength workout causes your body to pump out more fat-burning and muscle-building hormones.

18/ Pack In The Produce

Australian researchers found that men felt they were using less effort while exercising on an antioxidant-rich diet than when on a diet low in the disease-fighting chemicals.

19/ Tie Her Up

Give yourself some assertiveness training. 74 per cent of women said they'd be up for mild bondage.

20/ Use Your Pelvis

You'll last longer in bed if you press your pelvic bone against hers and rock your pelvis instead of thrusting in and out, according to *Psychology Today*.

Wednesday SURVIVE HUMP DAY

21/ Make A Mad Dash

Burn off negative energy with a 30-second sprint. British researchers found this can reduce tension for 75 minutes.

22/ Say "We," Not "You"

Using the collective pronoun ("I think we will be happier if your mom stays at a hotel"), inspires compromise, according to a study in *Psychological Science*.

23/ Chat Up The New Staffer

Don't worry about the boss. More than 50 per cent of dating colleagues end up in a long-term relationship.

24/ ... But Keep Your Eyes Off Her Cleavage

Resist the urge

to check out your co-workers. Belgian scientists found that men exposed to sexual cues experienced testosterone spikes that impaired decision-making abilities.

25/ Call Her For a Fight

If relationship stress lingers, talk on the phone. This reduces tension, say University of Florida researchers.

26/ Eat Something Gross

Sardines, anyone? Try one food you hated as a kid. Our palates change with age as our 9,000 tastebuds' reactions to stimulants mature.

27/ Make Her Your Appetiser

Tame midweek stress the fun way. Have each other before dinner after a long day.

28/ Spice Up Dinner

Make a dish with 10 different spices and herbs, which are full of disease-fighting chemicals. PS: Cayenne pepper has shown to boost mood.

29/ See The TV Docs

Go ahead and take your mind off the workday by vegging out with *ER*. A USC study shows that watching well-crafted medical dramas improves health habits.

30/ Spank It Lefty

She out late? Use your non-dominant hand when partying solo. A Columbia University researcher says that robotically masturbating can hinder your performance with your mate.

WOMEN WHO KEEP TENSION CORKED ARE MORE LIKELY TO DIE OF HEART DISEASE, SAY BOSTON UNIVERSITY RESEARCHERS. IF YOU THINK SHE'S PERCOLATING ABOUT SOMETHING, ASK WHAT'S ON HER MIND

Thursday KEEP YOUR MOMENTUM

31/ Pop Some Chocolate

You'll stay focused. Milk chocolate has been shown to boost verbal and visual memory, and reaction time.

32/ Sign Up For A Race

If you find a better reason to work out than just weight loss, you'll be more likely to maintain an exercise programme, found a University of Michigan study.

33/ Take A Few Deep Breaths

The less your brain is stressed, the more time it'll have for creative thinking. Studies show that slow, deep breathing is probably the best treatment.

34/ Stay At Office

If you're dragging, resist the urge to work from home. Bantering with the guys at work is better for your performance and your morale.

35/ Play A Symphony

Listening to works that aren't familiar or have a lot of transitions (think Beethoven's 6th) help you focus, say Stanford researchers.

36/ Pick Your Battles

Select three tasks and set the rest aside for late afternoon. Too many choices in front of you can stop you from focusing on any.

37/ Take A Nap

Stay fresh by backing off a bit. Greek researchers say a midday snooze can protect you from heart-related illnesses.

38/ Invite Her to Play

You'll both break a sweat and she'll improve her spatial skills, claim Canadian researchers.

39/ Sleep On It

German research shows that our sleeping brains continue working on problems that baffle us during the day. Get a good night's sleep and your eureka moment may arrive while you're in the shower.

40

Mow Through A Salad

Eating nutrient-dense, low-calorie vegetables before a main course can keep calorie intake in check, say Penn State University researchers.



Friday END THE WEEK STRONG

41

Step On The Scale

Do it just after you've gone to the bathroom but before you eat breakfast. If you've eaten and exercised well, you'll be happy with the results.

42

Recover From Being A Dumbass

Give her five reasons why she's brilliant. Experts say that for every negative statement you make, it takes five feel-good comments to undo the damage.

43

Quit Procrastinating

Now that you're juiced, tee up a strong Monday. Use 30 minutes to work on a task you've been dreading for the past month. You may find you can do it in 15.

44

Hook Up At Lunch

The Harvard Business Review reports that 46 per cent of successful men admit that work interfered with relationships. Ensure quality time with her.

45

Pretend It's Your First Date

A University of British Columbia study shows that partners feel better when meeting their mates as if they were total strangers, and it makes for more fun and romantic dates.

46

Finish Strong With Some Coffee

Austrian researchers found that a cup of java resulted in a 45-minute boost in regions of the brain responsible for attention, concentration, and short-term memory.

47

Hit The Sushi

Skip the nachos and wings and hit a sushi bar with your buddies after work. Oysters are the best source of zinc, which boosts immunity and increases testosterone levels.

48

... Then Dump The Crew For Dinner

Men take in 35 per cent fewer calories when eating with their significant others than when eating with their buddies, says a State University of Buffalo study.

49

Have Her Keep Her Socks On

Even a slight chill can hold off an orgasm. A Dutch study found that women were 30 per cent more likely to orgasm when their feet were covered.

Saturday MAKE IT COUNT

50/Prevent Cancer

According to the *Journal of the American Medical Association*, men who ejaculated 21 or more times a month were 33 per cent less likely to develop prostate cancer.

51/Wake Up Early

Australian scientists have found that dozing late on weekends leaves you more tired on Monday.

52/Work Out Fast

Cap your session at 30 minutes—YMCA researchers found that men are twice as likely to follow through with shorter workouts than longer ones, and also gained more muscle and lost more fat, by training at a higher intensity.

53/Go For A Drive

Improve your swing by taking her out for some golf. If you're good, you can show off and dish out some tips. If you stink, play it for laughs.

54/Tell Her She's Gotten Way Hotter

If she believes you, she'll want more sex and enjoy it more, reveals a Pennsylvania State University study.

55/Watch And Learn

Simply watching professional athletes will help you perform better at the same sport, say Brandeis University researchers.

56/Take A Ride

What sport's athletic gear sells more than basketballs and footballs combined? Cricket. You can burn 300 calories an hour channeling your inner Kohli.

57/Diversify Your Pantry

Pick up three foods you've never tried before. Variety can help stop food boredom—a big reason healthy eating often falls by the wayside.

58/Check Your Pillow

Here's the good pillow test: Fold your pillow in half; if it doesn't

AN OCCASIONAL CHEAT MEAL CAN MAKE IT EASIER TO STICK TO A HEALTHY DIET

return to its original shape when released, go shopping.

59/Sneak In Some Red

Red wine is rich in life-extending antioxidants, and the caper can add zest even to the worst movie.

60/Go Deep

By entering her from behind as she bends over, your gearshift will stimulate her cervix. This sends pleasure signals to her brain through the vagus nerve, according to researchers at Rutgers University.

61/Toss The Air Guitar

Playing a musical instrument could protect your brain from Alzheimer's disease, says an Albert Einstein College of Medicine study. Set aside an hour to learn guitar or piano.

Key

Sunday
RELAX AND UNWIND

62/Wake Her With A Woody

If you both got a good night's sleep, more testosterone will have built up in your bodies than if you were up late partying, says Dr Mahesh Nawal, an Indore-based sexologist. Because weekdays are too rushed, weekends are golden for some morning sex.

63/Pray

Studies show that people who attend religious rituals

regularly live three years longer on an average than heathens do.

64/Order Pancakes

Reward yourself for a week of healthful eating with breakfast at a greasy spoon. Nutritionists say an occasional cheat meal can make it easier to stick with a healthy diet.

65/Get Lean

Enjoy the game with a classic chicken or paneer

burger. These lean proteins are packed with muscle-building nutrients and are tasty alternatives to potatoes.

66/Do The Laundry

A survey of 2,000 people revealed that sharing chores ups your odds of having a happy marriage.

67/Dig For Dirt

Ask your parents to tell you a story you haven't heard yet. You'll make their day and maybe uncover more

ammo to use on your siblings.

68/Give Tuffy A Bath

Wash off whatever your dog rolled in over the weekend. It'll freshen up your house and you'll burn about 100 calories.

69/Kick Back, Hombre

Stuck at a dinner party with a bunch of gasbags? Lean back and relax to show you're the alpha

male. Women perceive laid-back posture as a sign of dominance, says Rutgers anthropologist Helen Fisher, PhD.

70/Train For Change

On Sunday night, assess what change you can tackle in the next week. Take little steps. "Change is disruptive and requires effort," says psychologist Dr Pulkit Sharma. "Small successes are always better than large failures." **MHI**





Sleeping Thrills

A woman with long brown hair is lying on her back on a patterned surface, possibly a bed. She is looking upwards with a slight smile, and her hands are clasped behind her head. The background is a blurred indoor setting with light-colored walls and a window.

g

They're weird, they're wild and, yes, sometimes they're wet. We analyse your most common sex dreams and explain what's really going bump in the night



You're Having The Best Ever Sex

With Scarlett Johansson. You're loving it. She's loving it. Deepika Padukone shows up. But she just wants to cuddle, so you go back to Scarlett. You're about to orgasm. But there's Deepika again, nuzzling your neck. It's getting a little distracting. Suddenly your mum appears. And a parade of other people. You don't recognise most of them. Who are they? Why are they in your bed? They don't even seem to notice that you're having sex. Your mum shakes your hand. You can't concentrate. You can't orgasm. You wake up. What the hell was that about? This dream is bizarre, but it's not unusual. Movie stars, pairs of women and even mums are common characters in men's sex dreams. And the sex happening in your subconscious isn't always enjoyable—fear and frustration are as common as pleasure. Still, even if your dreams seem perverse, research suggests you're normal. We've broken down some of the most common somnolent scenarios and ventured some educated guesses as to what they're trying to tell you.

1 Coitus Interruptus

- ② **The dream:** You're enjoying sex with some fictional woman when suddenly it all goes pear-shaped and you have to stop.
- ② **What you assume it means:** You're damned unlucky — why are the good dreams always ruined by your mum/sister/cleaning lady?
- ② **What it really means:** An aspect of your life is incomplete or you're worried about your sexuality. "This is probably the most common sexual dream for men," says Dr Prakash Kothari, a Mumbai-based sexologist. "You hardly ever have a sexual dream in which you come to orgasm. Usually things go wrong—it gets complicated." Why can't you finish the job? It could be related to what's happening when you're awake. "These dreams can occur when you're not able to complete something in your life — maybe work related," says Patricia Garfield, author, *Creative Dreaming*. Or it could be that you're uptight about sex itself. Think about the dream in which your mum spoils your friendship with Scarlett Johansson. "This dream occurs most when people are younger, in their twenties and thirties, when they're getting more comfortable with their

sexuality," says Gayle Delaney, from the Association for the Study of Dreams and author, *All About Dreams*. "It's generally how people work through their unfinished embarrassment about sexuality."

2 The Wrong Woman

- ② **The dream:** Even though your wife/girlfriend is gorgeous, you're having sex with your next door neighbour on the kitchen table.
- ② **What you assume it means:** Deep down, you're a cheating love-rat.
- ② **What it really means:** You're just exploring your feelings about your wife or girlfriend. "Often, other woman dreams are really about the woman you're with," says Delaney. Let's say you're standing facing your wife, but there's a beautiful, sexy woman standing behind her. You're trying to hug your wife so you can lean around and kiss the other woman. Does it mean you want to have an affair? A threesome? Sex on a bus during rush hour? Maybe the sexy woman represents the things about your wife that turn you on. And what if the wrong woman turns out to be, um, the wrong species? "Don't worry. Think of the qualities the animal or family member represents to you," says Garfield.

3 Someone Of The Same Sex

- ② **The dream:** Shekhar from Accounts stops by for a visit. He kisses you and you don't stop him.
- ② **What you assume it means:** You must be a latent homosexual.
- ② **What it really means:** Okay, brace yourself — you could want Shekhar. But don't switch teams and buy new shoes just yet. "There is a possibility of heterosexuals having homosexual dreams as well," says Dr Kothari. "It doesn't necessarily mean the dreamer is gay. It means that those desires are simply a part of the dreamer." Such dreams may also be a sign that you're spending too much time on yourself. "Having sex with someone too much like you can suggest you're turning your creative energies inward rather outward," says Kelly Bulkeley, a California-based dream researcher.

4

Your Girl And Another Man

- 🔗 **The dream:** You watch as your wife or girlfriend has great sex with your best friend.
- 🔗 **What you assume it means:** It's prophetic.
- 🔗 **What it really means:** You're worrying about the relationship. "People use sex in dreams as a metaphor for intimacy issues," says Dr Kothari. "It could be the effect of an affair that you had in the past and you suspect your wife or girlfriend to be doing the same. Your dream could also be representing guilt or fear," he adds. Consider what qualities your mate has and why your girlfriend might find them attractive, he says. Have you been getting lazy? Is your girlfriend vulnerable to a new man?

5

It's A Wet One

- 🔗 **The dream:** You wake up with a damp patch on the mattress.
- 🔗 **What you assume it means:** You're sexually regressing. Soon, you'll be excited by your mum's underwear catalogues again.
- 🔗 **What it really means:** "You're normal. You can have a wet dream at any age," says Dr Kothari. During Rapid Eye Movement sleep, when most dreaming occurs, there's increased bloodflow to the genitals. In men, this causes up to six erections per night. Stimulation by rubbing or touching then usually brings on ejaculation.

By the way, you're not the only one soaking the sheets. In a research from the Kinsey Institute, nearly 40 per cent of women reported having an orgasm during a sex dream.

CONNECT THE
DOTS BETWEEN
LOVE AND LUST



6

Sex In Freud's Clothing

- ⑦ **The dream:** You're in a fight and you pull out your gun, only to find it's a water-pistol.
- ⑦ **What you assume it means:** You're worried about being mugged.
- ⑦ **What it really means:** Dreams that aren't overtly sexual can sometimes have a sexual connotation. "You might be worried about your sexual

potency or your creative power," says Bulkeley. We're getting into Freudville here. Long, pointy objects often symbolises the male genitals, while hollow objects often symbolises the female genitals, he adds.

DREAM FACT: Men dream about strangers more often than women do. Women most often dream about people they know. **ME**

And If You Would Like To Be The Man Of Her Dreams...

Ask her about them. Arrange a 'dream interview', suggests Delaney. Encourage your partner to describe her most sensual dreams. Ask simple questions, but don't impose interpretations. Then, at a later date, be open to fulfilling these fantasies. Delaney has found that most women's dreams feature a lover who takes his time, enjoys foreplay and expresses his emotions during sex. "A man who studies his partner's sexual dreams can be the kind of emotionally and physically tuned-in lover most women would kill for," she adds.

PHOTOGRAPHY: CORBIS

TALK. IT'S MUSIC
TO HER EARS



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IS LOW TESTOSTERONE AN ILLNESS? A PART OF AGEING? AN EXCUSE TO SELL MEDS? OR ALL OF THE ABOVE?



GRAB YOUR BALLS AND READ ON

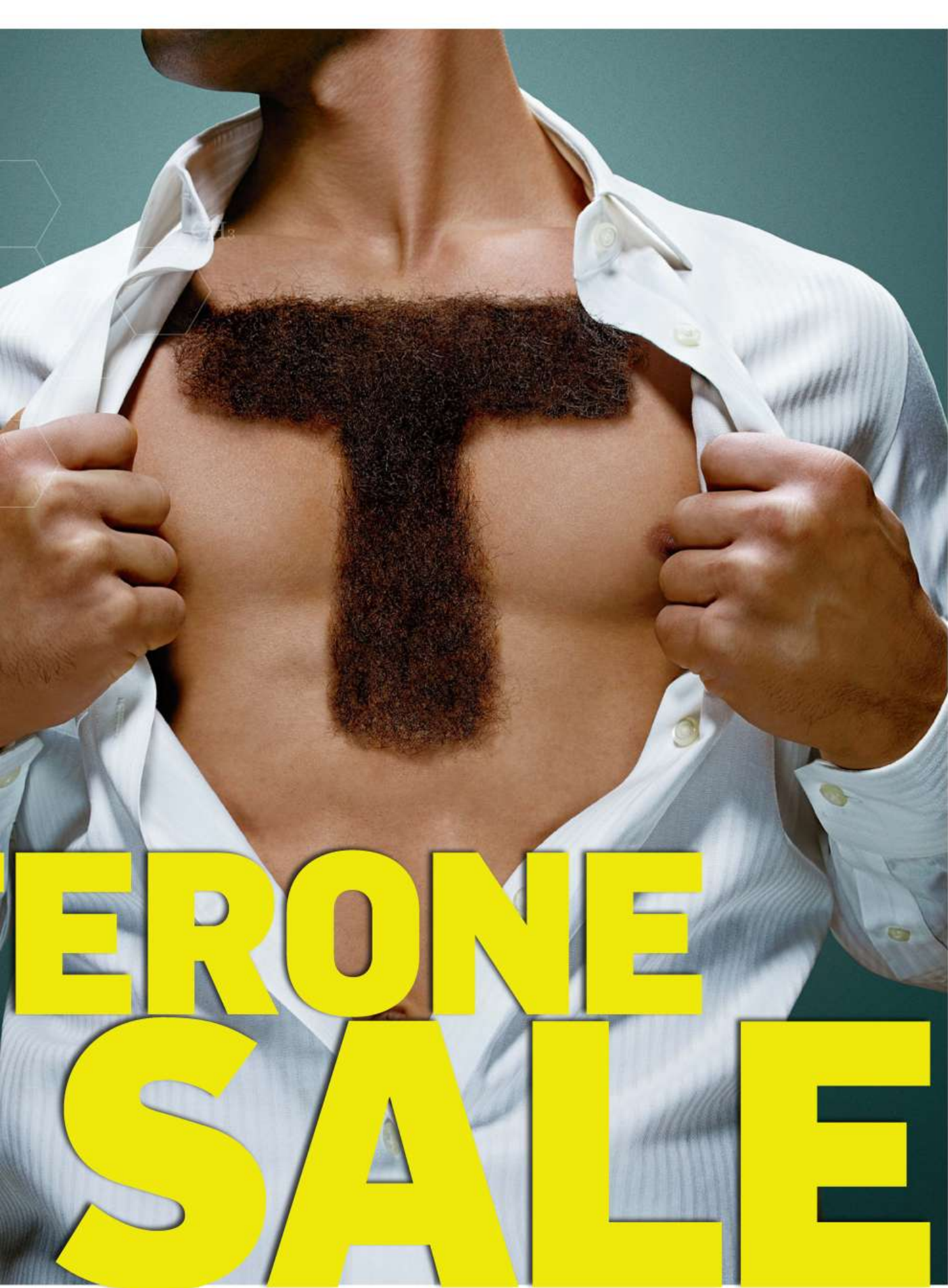
A LOT OF THINGS CAN DIM THE FIREBALL INSIDE A MIDDLE-AGED GUY

As a husband, father, homeowner, and perhaps boss, he's farther up the mountain but his backpack feels heavy. He might wake up one day and discover that he now weighs, oops, 102 kgs, with very little of it muscle. He might find nothing in the tank for sex if it's a Tuesday and past 9:30. Maybe he hasn't met all the goals he set at 30. Worse, maybe he did. These are complicated burdens. Attempting to fix any one of them could be a huge challenge. How convenient, then, would it be if he could pop a pill that purported to be the rejuvenating answer? Given the choice between making life changes and filling a prescription for testosterone, it's an easy decision. But is the easy answer an effective one?

WORDS: JOHN SCOTT

TESTOST FOR





**ERONE
SALE**



BEEF UP

A high-protein diet, fortified with iron from the gym, can give your T a drug-free assist.

The fight to thwart male decline has been going on ever since the first guy with hair growing out of his ears plunked down a cheque for a four-wheeled mojo enhancer. But in the few years, the struggle to stay vital is increasingly being approached as a biochemical problem, one requiring pharmaceutical intervention in the form of testosterone replacement therapy (TRT). And we're not just talking about men over 50, or even 40.

Depending on who you ask, the turbocharged rise in the use of TRT shots, gels, patches, and pills is either (1) an inspiring transformation in how doctors treat a vast and despairing brotherhood of men, or (2) expensive quackery that targets male vanity and has nonexistent benefits and deadly risks. The fact that the symptoms driving men to testosterone therapy are often subjective and can easily resemble those of normal ageing, depression, poor sleep, or bad choices at the food trough only complicates the debate. Also not helping: Men's hormone levels are in a historic, culture-wide decline, under assault from a steady increase of obesity, painkiller abuse, food toxins,

and estrogen-mimicking compounds in water and soil.

In March, the Food and Drug Administration in the US announced that it had asked drugmakers to add language to the labels of testosterone replacement products warning of increased heart attack and stroke risk. But in February, a large review of the literature concluded that the research indicting testosterone replacement as a heart risk is vastly outgunned by the research showing that it helps. Confused? You're not alone.

"Unless you've gone through low testosterone, you don't know what it's like," says Bharat Sharma, a 55-year-old IT professional, who's also a testosterone user. "I'd like to take that doctor who is suspicious of the drug therapy and get his testosterone down to 259—to where he's got erectile dysfunction, he's about to lose his marriage, he can't think very well, and he's struggling in his practice."

He says TRT shots relieved him of a dysphoric mood—unease, anxiety, misery—that first took up shop in his cranium during his teen years. He says his testosterone turnaround gave him the energy to attack his job and responsibilities with renewed drive. "My cognitive abilities have never been

better,” he says. His focus has improved too. The pharmaceutical companies have not yet produced evidence that testosterone can help a guy dig that funky groove, but the oddness of the observation has an authentic ring. It makes you wonder if some sort of fountain of youth can be trapped in male hormones.

It's praise echoed by a man we'll call Sameer, a 43-year-old scientist who went on testosterone shots three years ago when blood work revealed that he had low levels of something called sex hormone binding globulin, or SHBG. For Sameer, it was lifestyle-related—he spread 98 kgs over a 6-foot frame, ate poorly, and found time to stress but not to exercise—and the SHBG deficiency was causing his body to burn through its available testosterone way too quickly. At the time, all he knew was that he couldn't get himself out of bed on most mornings.

“I had become a father but realised I wasn't being a good father,” he says. “I would sleep in. I didn't have the energy to read a story to my children at night, and it caused a lot of tension in my marriage.” Today, Sameer rides a bike and has more lean muscle, and his weight is under control. He says testosterone gave him the energy to do all that.

Those are the guys the testosterone industry wants you to hear from. But there are other guys too.

Are we encouraging men to take hormones we don't know they need, for a disease they don't have?

“I get a testosterone shot in the ass every week,” says my childhood buddy Andy, 51, a marketing specialist. Andy couldn't tell you the exact blood level that triggered his decision. A single man, he's never had libido problems, and as for his physical condition, he trains at a place where professionals tune up. He thinks TRT has helped his body composition, but he isn't sure.

Combine the serious users with the guys doing it on a lark, and then throw in all the dudes who quit taking testosterone after a month (19 per cent, according to one study), and you're talking about millions of buyers of male hormones.

The questions are many. Are we encouraging people to take hormones we don't know they need, for a disease they don't have? What about the therapeutic options, or the latest drug therapies available? What about those who feel less manly and the basic middle-aged wish to reexperience the sort of boner before breakfast that makes it hard to pee in a downward trajectory? (A hallmark of low testosterone is less morning wood.) But the phenomenon just may be wishful thinking on a massive and expensive scale.

TESTOSTERONE REPLACEMENT THERAPY IS CURRENTLY APPROVED

only for the treatment of male hypogonadism, or lack of testosterone, caused specifically by a problem with the testicles or with certain parts of the brain—the pituitary gland and hypothalamus—that control the gonads. You might inherit such a state, or it could be caused by injury or such conditions as a brain tumor or an undescended testicle. Men with these types of hypogonadism have extremely low blood testosterone and symptoms like enlarged breasts, hairlessness, loss of muscle mass, low libido, and bones that break easily. According to a study in *JAMA Internal Medicine*, however, a quarter of men who supplement with testosterone never even bother having a blood test, and only half have been diagnosed with hypogonadism.

In 2010, in an attempt to differentiate what was becoming known as “late-onset hypogonadism” from normal, age-related T decline, researchers analysed data from the European Male Aging Study, which followed more than 3,000 men, ages 40 to 79 in eight countries. They found that out of 32 symptoms often mentioned in the same breath as “low T,” only three—a decrease in sexual thoughts, fewer morning erections, and erectile dysfunction—were associated with low levels of the hormone. “Low” was defined by the researchers as a total testosterone blood level of 320 nanograms per deciliter (ng/dl) or less and a free testosterone of 220 picomoles per litre or less. Anything more nebulous, in other words, and you're just turning to TRT because life is getting weird on you. Hell, some experts argue that even having these symptoms and coming in at or under these levels doesn't justify the drug. That matters, because as a number of recent studies have suggested, taking testosterone may double or even triple your risk of heart disease. ►



INCREASE YOUR MANPOWER

As if losing muscle mass, bone density, and your sex drive to low T levels wasn't bad enough, research shows the decline can also increase your risk of prostate cancer, heart disease, and even death. Follow these to lift your levels:



1. Uncover Your Abs

As your waist size goes up, your testosterone goes down. In fact, a 4-point increase in your body mass index—about 13 extra kilos on a 5'10" guy—can accelerate your age-related T decline by 10 years.



2. Build Your Biceps

Finnish researchers found that men who lifted weights regularly experienced a 49 per cent boost in their free testosterone levels. Push iron twice a week.



3. Fill Up On Fat

A study published in the *International Journal of Sports Medicine* reveals that men who consumed the most fat also had the highest T levels. To protect your heart and preserve your T, eat monounsaturated fat rich fish and nuts.



5. Stop Stress

Mental or physical stress can quickly depress your T levels. Stress causes cortisol to surge, which can inhibit the body's ability to make testosterone. Cardio can be a great tension tamer, unless you overdo it. Injuries and fatigue are signs that your workout is more likely to lower T than raise it.



STOP THE THIEVES

Three ways to fight flagging testosterone

Buy Broccoli

Cruciferous vegetables, such as brussels sprouts and broccoli, give you a dose of indole-3-carbinol (I3C). This compound suppresses estrogen production and helps fight T-depleting fat, says John La Puma, MD. Steam 'em instead of boiling; the I3C will leach into the cooking water.

Ditch Dirty H2O

Does your local water authority test for the weed killer atrazine? It's been linked to reduced T in animal studies. Dr La Puma suggests using a water filter that's NSF certified to remove atrazine.

Conk Out Early

Men who sleep less than five hours a night have lower levels of testosterone, says Dr La Puma. Your body churns out the hormone while you snooze, so sacrificing sack time means those T factories won't hit their quotas. Aim for at least six hours a night, Dr La Puma says.

—Lila Battis



► So here's the bad news: Increasing your testosterone can thicken your blood and lower your good HDL cholesterol, both of which hike your odds of heart disease. Researchers first began to learn of testosterone's link to cardiovascular risk between 2005 and 2009, when a team in Boston set out to determine if frail older men became more mobile after having their man juice jacked up. Their study, published in the *New England Journal of Medicine*, noted that the added testosterone made the men stronger on the leg press and chest press and climbing stairs. However, the trial was halted because 23 of the 106 men taking it developed cardiovascular problems, versus only five of the 103 men who'd been using a placebo gel.

By April 2013, researchers writing in *BMC Medicine* had sorted through thousands of results in 27 clinical trials and also determined that the risk of cardiovascular events went up for men on testosterone. (Curiously, this risk became apparent only in trials that were not paid for by the makers of the drugs.) Then in November 2013, researchers for Colorado's Veteran's Affairs system wrote in the *Journal of the American Medical Association* that they'd analysed the data from 8,000 men with low T who had gotten an angiogram before going on the hormone. Three years after starting, 26 percent of the men on testosterone had either experienced a new cardiovascular event or died, versus only 20 per cent of the men who didn't take testosterone.

Another alarm sounded in 2014, when a study in the journal *PLOS One*, looked at the health records

Increasing your testosterone can thicken your blood and lower your good HDL cholesterol

of 55,000 men and found that testosterone use had doubled the risk of non-fatal heart attack in men over 65 and tripled the risk in younger men with a history of heart disease (younger men with no heart disease fared well on the drug).

"The *PLOS One* paper excluded anybody who died of a heart attack," says John Morley, MD, a low-testosterone expert at Saint Louis University School of Medicine. "It may well be they found a higher level of heart attacks in men on testosterone because those men lived while the others (who didn't take it) died."

As for the *NEJM* study of older men and mobility, "It is good that it was a random controlled trial," says Martin Miner, MD, codirector of the Men's Health Center at Miriam Hospital in Providence, Rhode Island. "But what was poor was that it really wasn't a safety study. We don't normally start elderly men with a history of heart failure on such large doses of testosterone." In other words, the research wasn't the best way to find out if testosterone is dangerous. ►

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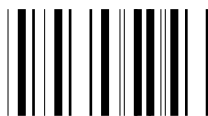
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LOW T ON TAP

Drinking as little as 470 ml of beer a day can tamp down a man's testosterone



HOW TO MARKET A MIRACLE

Drugmakers are selling youth, and we're buying

When University of Texas researchers reviewed a decade of TRT prescribing rates, they saw the impact of a loser definition of low T. But men in their 40s got an extra push. "The increase in use among younger men coincided with a rise in direct-to-consumer marketing," says study author Jacques Baillargeon, PhD.

► Blame the fog of T research. "I'm not saying testosterone is safe or unsafe," says Dr Miner. "I'm just saying those studies are so complicated, that for the lay public to interpret from them that a product causes significant risk is inappropriate. And just because heart disease is associated with low testosterone doesn't mean it was caused by it," he adds.

This confusion is why many of the nation's hormone experts specifically recommend against screening for low T; they just can't say whether low T is an important health problem or not.

"We don't know that low testosterone is the primary reason people feel rotten or without much drive," says Victor Montori, MD, an endocrinologist at the Mayo Clinic. "After age 45, men lose a small amount of testosterone each year. If losing testosterone made you feel bad, then there should be more 70-year-olds feeling robbed of life than 60-year-olds, and so on. I haven't seen that data." Moreover, doctors can't even agree on what a healthy level of testosterone is. "This is why no one should ever make the diagnosis of low testosterone without seeing some sort of symptoms," he says.

The inflated promises of TRT start with the idea that it can inflate your dick, not to mention the suggestion that erectile problems are even reliably related to testosterone deficiency. A 2011 review from Imperial College London, for instance, found "no relationship between testosterone level and the severity of erectile dysfunction." (While impaired sexual function is required for the diagnosis of late-onset hypogonadism, most men with erectile dysfunction have normal T levels.)

What can testosterone do? "When you look at clinical trials of people with moderate or mild low testosterone receiving physiologic testosterone replacement," says Dr Montori, "the impact on quality of life and sexual function is either minimal or nonexistent."

Dr Morley disagrees: "Poor libido and a poor quality of erection are the symptoms most related to poor testosterone," he says. "There is also a subset of people with low testosterone who have fatigue, who are unhappy, and who don't have strength. They look like they're depressed, but they actually have low testosterone." Except here, too, the science isn't on his side: The European Male Aging Study results also show that psychological symptoms had little or no association with testosterone levels.

John La Puma, MD, is a critic of using TRT without a diagnosis of hypogonadism. The California-based internist and author, *Refuel: A 24-Day Eating Plan to Shed Fat, Boost Testosterone and Pump Up Strength and Stamina*, wrote a widely shared op-ed arguing that low T was a pharmaceutical-industry-generated sickness.

But he'll readily acknowledge that the decline in testosterone is real. He says it's the causes of low T we should be talking about and correcting.

Alcohol lowers testosterone. So do steroids, stress, and opioid painkillers. There are also testosterone-diminishing forces in the environment to be considered. A study in the journal *Fertility and Sterility* found a specific association between exposure to phthalates (a group of chemical compounds widely used in soft plastics) and male infertility. These so-called endocrine disruptors can invade your system every time you heat up foods in plastic containers, plates, or wraps. Still, the smart money says the primary cause is in front of our eyes, and down about 18 inches.

"I think it's pretty clear that men gain weight in the belly," says Dr La Puma. "We tend to overeat starchy, sugary foods—incredibly efficient at making men obese." Men's belly fat cells convert their testosterone into estrogen, he says, and can make testosterone plummet.

"Testosterone without exercise and diet or life style change is of very little value"

"If you have an epidemic of obesity, an ageing of the population, and increased stress and stress hormones," says Dr Montori, "all those things should go hand in hand with loss of testosterone on average in the population."

That's why even supporters think testosterone therapy is only meaningful if it triggers men to do what's right for their health. "I am not in any way advocating the use of testosterone for treating obesity," Dr Morley says. "The risks don't seem reasonable to me."

And Dr Miner agrees: "Testosterone without exercise and diet or lifestyle change is of very little value."

"Small changes can make a big difference when guys learn how their bodies work," adds Dr La Puma. "If you tell guys the reason their testosterone is dropping is because of their belly fat cells, they go, 'Really?' Then if you tell them that their belly is not just a spare tire but an active endocrine organ, men like to know that. It helps them know that their belly fat is breaking them, and that it's a fixable problem."

Specifically: It's fixable without turning to a shot of testosterone. **MH**

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MIND OVER MUSCLE

BY KRIS GETHIN

DO YOU NEED A BELT DURING HEAVY LIFTING SESSIONS?

GURMEET SINGH, CHANDIGARH

I recommend wearing a lifting belt for support and stability for the lower back during heavier lifts that place stress on your back. Heavy squats, leg press, bent over rows, t-bar rows, deadlifts and single arm rows are all common lifts that usually require a belt to help prevent injury and unnecessary strain. If you train heavy and have had a previous injury to the lower back and feel you would benefit from adding stability to your core area, then a lifting belt is a good investment. Be careful not to become too reliant and only use it for your heavier lifts, not your lighter or warm-up sets.

DO I NEED MORE WORKOUT SESSIONS FOR WEAKER BODY PARTS?

GAURAV PANT, AGRA

More isn't always better. Firstly, prioritise your weaker muscle groups to the forefront of your workout. For instance, if your calves are weaker, place the emphasis upon them before targeting your quads and hamstrings. Also, train your weaker muscle groups when you feel the most energised, stronger and alert. So, train them at the beginning of the week or the day following a non-training day. If you are to train this area more frequently, provided that you are working it hard enough, try focusing on it every five days, so it has maximum rest to recover before you break it down again and also ensure that it is trained more frequently than other muscle groups you may train every seven days.

A qualified sports therapist, CEO of Nutrition By Design and partner in Physique Elite, Kris Gethin is the man behind the awe-inspiring transformation that saw Hrithik Roshan drop from 36 to 30 inches in as little as 10-weeks. He is also the author of the best-selling book, *The Bodybuilding.com: Guide to Your Best Body and Bollywood Body by Design*

15 MINUTE WORKOUT



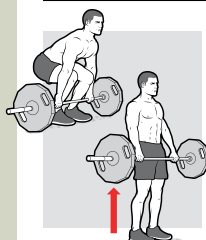
ABS ON DISPLAY

Melt fat and improve your flex appeal with this all-in-one strength routine

HOW TO DO IT

Perform exercise pairs as supersets (back-to-back). Rest for the allotted time after the second move. Finish with standard sets of the medicine ball pike.

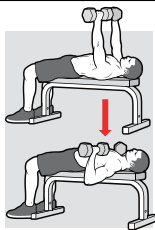
29 MINUTES



1

Barbell Deadlift

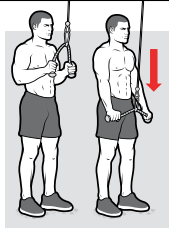
Load a barbell and roll it against your shins. Bend at your hips and knees and grab the bar using an overhand grip, your hands just beyond shoulder width. Without allowing your lower back to round, pull your torso back and up, thrust your hips forward, and squeeze your glutes as you rise with the barbell to a standing position. Lower the bar back down to the floor, keeping it as close to your body as possible. **Reps: 5**



2

Dumbbell Bench Press

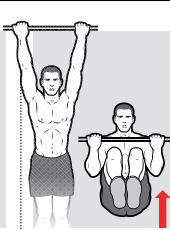
Lie on your back on a flat bench and hold a pair of dumbbells above your chest, arms straight (your palms should face forward but be turned slightly inward.) Without changing the angle of your hands, lower the weights to the sides of your chest. Pause, and press them back up to the starting position. **Reps: 12 to 15**



3

Rope Triceps Press-Down

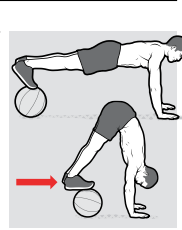
Attach a rope to the high pulley of a cable station and grab an end in each hand (palms in). Tuck your upper arms next to your sides. Pull your shoulder blades back and down and hold them that way for the entire move. Without leaning forward or moving your upper arms, simultaneously rotate your wrists and palms toward the floor and push the rope down until your elbows lock. Slowly return to the starting position. **Reps: 30**



4

Chin-up With Knee Raise

Grab a chin-up bar using a shoulder-width, underhand grip, and hang at arm's length (also known as a dead hang). Squeeze your shoulder blades together as you pull your chest to the bar, and then lift your knees to your chest. Pause, and slowly lower your knees as you return to a dead hang. **Reps: As many as possible**



5

Medicine Ball Pike

Assume a push-up position with your feet on a medicine ball and your hands slightly wider than your shoulders, arms straight. Your body should form a straight line from your head to your ankles. Without bending your knees, roll the medicine ball toward your hands by raising your hips as high as you can. Pause, then return the ball to the starting position by lowering your hips and rolling the ball backward. **Reps: 8 to 12**

SHOULDER THE LOAD

The *Men's Health* body-part warm-up series takes a look at specific muscle groups and the stretches that will prime them up for maximum growth
This month: The Shoulder

WORDS: DECKLINE LEITAO, CSCS, NASM-PES, CES, CPT



HOW COMPLEX IS THE SHOULDER?

The shoulder is made up of a number of muscles around the area where the arm meets the torso. They can be broadly classified into: The deltoid, trapezius and rotator cuff.

WHAT DOES EACH ONE LOOK LIKE?

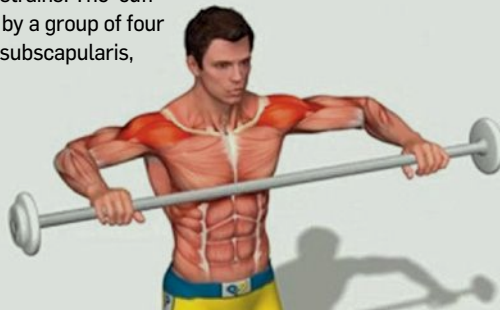
The deltoid or delt, is the hood covering the complex machinery that is your shoulder. It gives it the 'capped' look and the wide-shouldered athletic look that you crave. Made up of three heads—anterior, medial and posterior—they're responsible for allowing you to lift your arm when you perform exercises like, front dumbbell raises, side laterals, reverse flies etc.

The trapezius, the muscle right above your collarbone, helps stabilise and mobilise your scapulae (shoulder blades) so that your arms

can move more efficiently. Well developed traps also give you the 'muscular upper body' look.

The infamous rotator cuff muscles are often spoken of, only when they get injured. Many sporting careers have been cut short by this group due to tears or severe strains. The 'cuff' is formed by a group of four muscles—subscapularis,

supraspinatus, infraspinatus and teres minor—which support the humerus (arm bone) in the glenoid cavity of the shoulder blade. They play a very important role in movements such as the bench press, and also high speed actions, such as bowling in cricket.



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WARM-UP

WHY WARM-UP YOUR SHOULDERS?

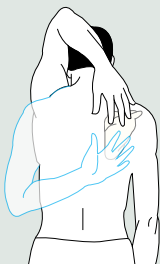
Shoulders are the most commonly injured upper body muscle/joint. Warming them appropriately will not just prevent injuries, but also help you lift more in exercises such as the bench press, military press, etc. Overly developed and tight anterior delts in relation to your posterior delts are often the reason behind reduced strength, poor posture and greater injury potential for your shoulder. The imbalance can create an uneven pull on the shoulder joint mechanism. It's therefore critical that we train the posterior delt with equal enthusiasm. A good idea is to double the amount of sets you do for them in comparison to your anterior and medial delts.

A POINT TO REMEMBER Warm the muscles thoroughly that are going to be used, before the main work sets during a specific warm-up, for a shoulder-joint dominant exercise such as the bench or military press. Too many reps with warm up sets will actually lead to pre-fatigue. Save your energy for the work sets, which are the difference makers.

THE THREE MOVES YOU NEED

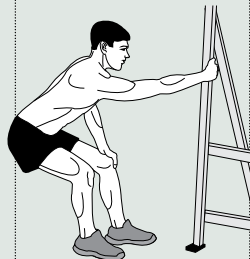
SHOULDER SCRATCH

Simple enough to perform, it gets your arms through a great range of motion and ready for action. Just try to scratch your shoulder blades as shown in the pictures and hold this position for three seconds on each side three times. **If you have excessively tight shoulders, then you can do this move anytime during the day.**



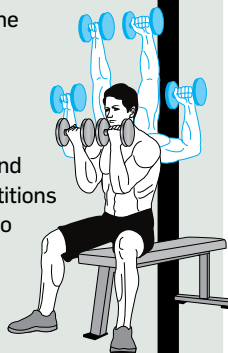
LAT STRETCH

Releasing the lats by stretching them can help you in movements where the shoulders go into flexion, by increasing their range of motion. The lats perform the opposite action of extension of the arm. Hold this position for around five seconds and perform it three times on each side.



ARNOLD PRESS

Though this is an excellent compound movement for the shoulders, it can also serve as an excellent warm-up exercise for the shoulder joint, as it goes through a greater range of motion, compared to regular shoulder presses. Begin with your elbows in front of you, facing down. As you push-up, your elbows should come out and be in line with your shoulders. Press up from there and repeat the action along the same path. Take a light enough weight that allows you to perform around 15 to 20 repetitions for around two to three sets.



HEY, MUSCLE GUY!
BY RAHUL DEV

I KNOW ROWING IS A GREAT WORKOUT, BUT IT'S MIND-NUMBING. HOW CAN I MAKE IT MORE FUN AND CHALLENGING?

MADHU RAJAN, MUMBAI

The problem isn't rowing—it's that you're not out rowing a boat. On the water, these movements would be stimulating, but in the gym they're stultifying. To build a V-shaped torso without losing your mind, do intervals. They spice things up and test your limits. Give this interval sweat-inducing session a try.

DIRECTIONS: Set the timer for 30 minutes. Warm up for five minutes, and then row as hard as you can for one minute. Go slowly for another minute. Now repeat—fast, then slow, for a minute each—until you hit the 25-minute mark. Use the final five minutes to cool down or sob—your call.

HOW MUCH WEIGHT SHOULD I BE LIFTING IN ORDER TO ACHIEVE THE BEST RESULTS?

JOGINDER SINGH, CHADIGARH

It all depends on the results you want—size, strength or endurance—but a good general benchmark is 90 per cent of your one-rep max. At that percentage, the participants in a Brazilian study achieved up to 98 per cent activation of their targeted muscles. Of course you won't be able to handle that much weight for every exercise. Instead, try a variety of loads and repetition ranges in each workout. Stick to this plan to enjoy all the benefits of heavy lifts without beating your joints.

PYRAMID SYSTEM

SET	1	2	3	4	5
REPS	8	5	3	10	12
WEIGHT (Percentage of 1-rep max)	75	85	90	70	60

Model-turned-actor Rahul Dev has always based his life on fitness. His quest for the ultimate body is perpetually on a to-be-continued basis

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MUSCLE

Your t-shirt, just like a suit, needs to accentuate your physique. But unlike a suit, that creates the illusion of a muscular physique and accentuated shoulders, a t-shirt needs your body to create that image. Let's face it; you're more likely to find yourself wearing a t-shirt far more often than a three-piece. Here's how you can cut the impressive figure you deserve.



The **Men's Health**

PUMP YOUR T-SHIRT WORKOUT

FEED YOUR VANITY BY BEEFING THE MUSCLES
THAT'LL FILL OUT YOUR T-SHIRT AND MAKE YOU LOOK
GOOD IN ANYTHING YOU WISH TO WEAR

WORDS: REGI JENARIUS PHOTOGRAPHY: NEERAJ RAM IMAGING: RAHUL SHARMA



THE MAN BEHIND THE PLAN

DECKLINE LEITAO
CSCS, NASM-PES, CPT

*Men's Health expert
and columnist
Deckline Leitao
believes in the science
behind muscle building
and hates cookie-
cutter programmes*

A lot of muscle building guides are based on traditional time-tested body building protocols. These can be very effective at building muscle size and shape, but because they employ high volume training, the workouts can be tedious and not necessarily functional. This workout won't just make your muscles pop due to its unique patterning and progression, but will

also help you feel lighter and more functional. Perform this workout for six to eight weeks for best results.

THE FIVE COMMANDMENTS OF GROWTH

1 CONTINUOUS TENSION PRINCIPLE

Make sure that you maintain continuous tension on your muscles throughout the exercises. This means that you shouldn't

be pausing at the beginning and at the end of a repetition.

2 SHORT REST

Keep your rest periods between 45 seconds to one minute. The constant bombarding of your muscles with incomplete recovery will promote greater lactic acid production, resulting in greater growth.

3 PERFECTION OVER POUNDAGE

Use weight that doesn't affect your technique.

4 PROTEIN PARTNER

Use protein shakes if necessary, to get in at least 1.5 grams per kilogram of your bodyweight for growth.

5 WORKOUT IN MODERATE

Stick to the given number of sets and repetitions even if you are tempted to lift more at the cost of fewer reps. Stick to three sets of 10 repetitions across all the moves.



DAY ONE

CHEST AND ARMS

01

DUMBBELL BENCH PRESS

Lie down on a bench holding two dumbbells. Press them at arm's length and then lower to your sides.

TIP »

When you lower the dumbbells, make sure your palms face away from your head. When you press them up, make them face each other. That will help you achieve a stronger contraction in the pecs. Keep your feet on the bench to make your core work harder.



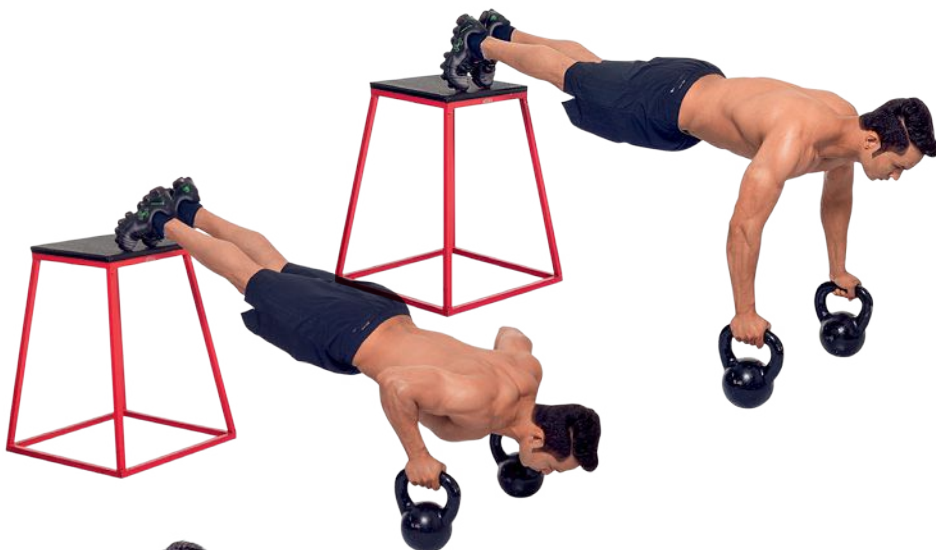
02

INCLINE HANDSTAND PUSH-UP

Place two kettlebells shoulder-width apart on the floor. Place your feet on a bench which is at knee-height. Now lower your chest between the kettlebells.

TIP »

Make sure that your chest is lowered between the bells and not your face, as this will put your shoulders in an awkward position. Maintain a straight line between the body from head-to-toe to strengthen the whole body.



03

DIAMOND PUSH-UP

Place your hands together on the floor, so that your thumbs and forefingers touch to form a diamond shape. Keep your feet shoulder-width apart. Now lower your body till your shoulders are in line with your elbows.

TIP »

Push your elbows out to the side as you lower your body and forcefully bring them close to your body, as you push yourself up to give a strong pectoral contraction.



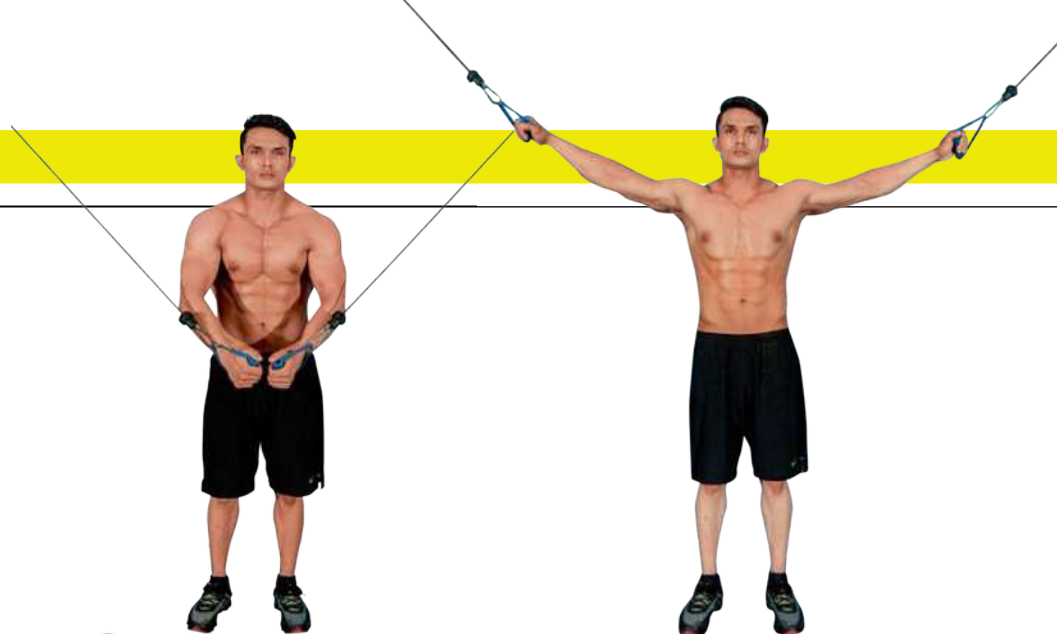
04

CABLE CROSSOVER

Stand between a cable crossover machine holding the two handles with your palms facing each other. Now stretch your arms away and out to the side and then bring them close to each other.

TIP ►►

Keep your elbows slightly bent and soft to take undue stress off.



05

EZ BAR SKULL CRUSHERS

Lie on a bench holding an EZ bar at arm's length. Now drop the wrist and weight to your temple and push back to arm's length.

TIP ►►

Maintain control of the weight at all times or you may soon realise why it is called the skullcrusher.



06

SINGLE ARM OVERHEAD TRICEP EXTENSION

Hold a dumbbell in your left hand with your arm extended straight above your head. Bend your arm so that your elbow gets into a less than a 90 degree angle.

TIP

Make sure that your upper arm stays stationary and your elbow points up as your arm bends to keep continuous tension on your triceps.



07

BENCH DIPS

Sit on a bench with your arms next to your body and palms placed close to your sides. Your feet should be placed on another bench of the same height. Now lower your hip slowly and under control while pushing your elbows back, rather than outwards.

TIP ►►

Don't go too low in this exercise, as it can place your shoulder in a compromised position. Keep the tension on your triceps by focusing on pushing the shoulders and body above the bench.



DAY TWO



BACK, SHOULDER AND BICEPS

01

HORIZONTAL PULL-UPS

Keep a smith machine bar at hip height. Hang on to it with your arms at shoulder-width and an underhand grip. Place your feet on a bench to form a straight line from your head to your heels. Now pull your body up by squeezing your shoulder

blades together and bending your elbows so that the bar touches your chest.

TIP »

Focus on contracting the muscles of the back as you reach for the top.



02

PULL-DOWNS

Sit down in front of a high cable pulley by holding on to a pull-up bar. Now pull the bar to the middle of your chest by squeezing your shoulder blades together.

TIP »

Keep your body upright and don't lean back as you pull the weight down.



03

ONE ARM ROWS

Place one arm and the knee on the same side on a bench, while the other foot is placed firmly on the ground. Hold a moderately heavy dumbbell on the same side. Your head and hip should form a straight line parallel to the floor. Now

pull the dumbbell up by keeping your arm close to the body and slowly lower.

TIP »

Do not rotate the body as you pull the dumbbell up as this reduces the range of the lats.



04

STRAIGHT ARM LAT PULLDOWNS

Stand in front of a lat pulldown machine while holding the bar with your arms straight ahead. Your hands should be shoulder-width apart. Now pull the bar towards your thighs while keeping your arms straight

and then raise it to shoulder height and repeat.

TIP »

Keep your elbows locked and your shoulder above your hips the whole time.



05

SINGLE ARM DUMBBELL PRESS

Stand holding a dumbbell in your left hand at shoulder-height with your elbow bent, and place your right hand on your hip. Now press the dumbbell overhead and lower under control.

TIP ►►

Keep your torso rigid and do not lean to the opposite side as you push the dumbbell up.



06

SWISS BALL SEATED SIDE LATERALS

Sit on a swiss ball while holding two dumbbells by your sides. Now raise your arms straight out to the sides while keeping your elbows slightly soft. Lift your arms till they come to around 70 degrees away from your body.

TIP ►►

Focus on leading with your elbows rather than your hands to hit your medial delt. That will give more width to your shoulders.



07

BENT OVER LATERALS

Bend over at the waist, so that your upper body is parallel to the floor. Hold two dumbbells in your hands and let them hang below your shoulders. Now raise them out to the sides while keeping your elbows slightly bent.

TIP ►►

Pull them out and away from your body as if you are stretching an elastic band. Try pointing your elbows up to the ceiling as you lift.



08

STANDING FRONT RAISES

Stand holding two dumbbells by your side. Now raise them one at a time with your arms straight and elbows soft. Raise them till they come in line with your shoulders.

TIP ►►

Don't sway your body as you lift the dumbbells up.



MUSCLE

09

EZ BARBELL CURLS

Stand holding an EZ bar with your knees soft and grounded. Now curl the bar up and lower again.

TIP »

Keep your upper arm stationary and your elbow pointing down as your arms come up.



10

BENT OVER CONCENTRATION CURLS

Bend over at the waist so that your upper body is parallel to the floor. Now place one arm straight on the bench holding a dumbbell and use the other for support. Curl the dumbbell up towards your opposite shoulder while keeping your upper arm stationary.

TIP »

Don't use a very heavy weight and swing the dumbbell up, but rather focus on a continuous motion.



11

INCLINE BENCH DUMBBELL CURLS

Lie down on a bench that is set at around 45 degrees or less while holding two dumbbells. Keep your arms relaxed so that your shoulder, elbow and dumbbells form a straight line which is perpendicular to the floor. Keep your upper arm stationary curl the dumbbells up.

TIP »

Make sure that your upper arm stays perpendicular to the ground throughout the move.



RUNNING COMMENTARY BY ASHOK NATH

WHAT IS THE VALUE OF A LONG RUN BESIDES BUILDING ENDURANCE?

SHAKTI NATH, NEW DELHI

The long run is the Holy Grail for distance runners and it makes them mentally and physically strong. There are three key benefits namely (A) the positive adaptations of increased mitochondria and blood capillarisation, (B) improved fuel system and, often neglected but very important, (C) the role it plays in preparing the body structurally. The time spent on your feet on a long run allows your muscles, bones and joints to adapt to the pounding necessary to run a marathon and these become more resistant to fatigue with time.

HOW IMPORTANT IS FLEXIBILITY TO A RUNNER?

SAM RAO, NEW DELHI

Flexibility is important in that it improves your 'range of motion', permits proper extension of your strides, eases your arm swing, which are positive contributors for running better. But remember, contrary to popular belief, a stiffer muscle is more efficient during running than an overly flexible muscle for a runner. So, don't fret if you are not as flexible as someone who practices yoga, as your sport doesn't require you to be so flexible.

Ashok Nath is the founder of Catalyst Sports & Wellness (P) Ltd., which undertakes mentoring and workshops on running form, and is a six-time qualifier of the iconic Boston marathon. Incidentally he is a 3 time winner of the veteran category at SCMM, India.

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BOOT IN THE BUTT

Has boot camp training become more popular than pursuing a six-pack at the gym?

WORDS: REGI JENARIUS

If your image of a personal trainer is muscle-bound figure in a tight vest, barking instructions at you, you may actually be referring to the new breed of boot camp trainers whose claim to fame is based on the infamous 'no pain, no gain' philosophy. Early morning grinding bootcamp sessions are slowly becoming the default workout routine for 'weight-loss' in India. The grueling nature of the format has attracted a growing number of people to test their physical limits with their blood and sweat, while trying to hold back their tears. "You never know what the next exercise in the cue is going to be. Prepping for the unknown and finding the strength and the stamina to face it is adrenaline pumping," states Damanjeet Singh, a businessman from Delhi.

SO, WHAT IS IT ABOUT?

This military-style programme involves a circuit of drills ranging from running and jumping jacks to push-ups, squats and sit-ups, etc. "Originally designed by the military to train new recruits, bootcamps have been brought to the market to add to the variety of the existing array of outdoor workouts!" says Delhi-based personal trainer and owner of Fit by Nature outdoor workouts, Aditya Arora. The



increasing popularity of boot camp sessions can also be attributed to the fact that they tend to instill a sense of camaraderie. "Boot camp is like a team sport: It consists of group exercises that test everyone's fitness levels together," says Deepinder Arora, a lawyer from Delhi. And their approach is multidimensional. "A typical class would incorporate elements of teamwork, competition, partner workouts that motivate participants to work harder and have fun at the same time," adds Aditya.

THE SCIENCE

Unlike your Zumba or Bollywood bangra class, where fitness is reduced to a dance party of sorts, bootcamp sessions are not for the faint hearted. "A fitness bootcamp is typically a combination of high intensity interval training (HIIT) and functional training. Being an HIIT workout, it tends to continuously burn calories post workout," claims Aditya. Additionally, it stimulates the production of your human growth hormones, responsible for slowing down your ageing process, by up to 450 per cent," adds founder and head coach

BOOTCAMPS CAN BE MORE FUN AND MOTIVATING THAN PERSONAL TRAINING, BUT CAN NEVER REPLACE IT.

BootCamp YELLOW and master trainer Reebok Running Squad, Jatin Arora. There are others who beg to differ. "Training with full intensity doesn't give you enough time to recover and stresses your central nervous system to the point of a burnout. Even elite athletes train intensely once in month or so," says Koushik Balial, Kolkata-based PT and owner of KB's gym.

DOES IT MAKE SENSE FOR EVERYONE?

Bootcamp training is a result of a constant need for a revolution in the fitness industry, so no one gets 'bored' enough to call it quits. "A good trainer will always scale down the workout depending on a person's fitness ability, so it becomes manageable," adds Jatin. Koushik shares a different view. "Most people lack the flexibility or the knowledge to even perform a basic squat. Fitness for most should start with improving your basic functional movements with corrective training first, before jumping into activities of such nature."

STRETCHOUT BEFORE YOU HEAD OUT



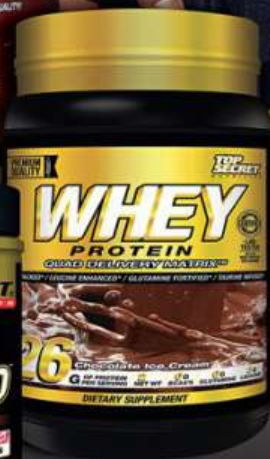
BOOT CAMP OR REGULAR TRAINING?

"A boot camp can never replace personal training. For instance, people suffering from serious injuries or those who require one-on-one sessions for specific needs will always prefer personal training. Being a team workout, bootcamp training can be more motivating and

fun than personal training. So, the choice is ultimately yours," states Aditya. But is it really needed? "Although it is an individual choice, with multitude of training systems already being incorporated into fitness regimes, I don't see the need for another," affirms Koushik.

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YOUR EXTREME BULK-UP DIET

This quick-prep office lunch contains everything you need for fast muscle growth and efficient muscle repair

Green beans

Stay on top of your health with green vegetables—full of vitamins C,B,D and A—to avoid taking sick days.

2 Chicken breasts

When it comes to cost-effective protein, poultry is no paltry choice. To save time, bake it in an oven bag the night before. Add mixed herbs to combat boredom and uplift the flavour.

2 ½ Sweet potatoes

Parboil in bulk and store in the fridge. The night before each working day, oven-cook the ones you need. This low-GI carb will restock your glycogen for energy that lasts.

Courgette






When following a high-calorie diet, it's tempting to overeat unhealthy foods. Courgettes have high water content to keep you full for longer—and stop you from straying to the chaat stall across the road.

METHOD

Heat your pre-cooked chicken in a microwave and put it to one side. Bung the veg in a microwave steamer and cook it for two minutes. Reheat the sweet potato, plate up and tuck in. You can scoff at those weak office sandwich eaters.

YOUR MUSCLE-FOOD DIARY

This eating plan will pack on muscle along with your training plan in six weeks

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00 AM	Whole wheat bread, scrambled egg whites, ½ avocado	Whole wheat bread, scrambled egg whites, ½ avocado	Oats, poached egg, ½ avocado	Whole wheat bread, scrambled egg whites, ½ avocado	Oats, poached egg, ½ avocado
11:00 AM	Tofu, broccoli, green beans, sweet potato	Paneer, green beans, sweet potato 	Paneer, broccoli, green beans, white rice	Soya chunks, broccoli, green beans, sweet potato	Tofu, green beans, sweet potato
1:30 PM	Chicken, green beans, sweet potato	Tuna, courgettes, green beans, sweet potato	Tuna, broccoli, green beans, sweet potato	Chicken, courgettes, broccoli, white rice	Chicken, courgettes, green beans, sweet potato
4:00 PM	Lentils, broccoli, green beans	Black beans, green beans	Lentils, broccoli, green beans	Pinto beans, courgettes, broccoli	Lentils, broccoli, green beans 
6:30 PM	30g roasted nuts	30g roasted nuts	30g roasted nuts 	30g roasted nuts	30g roasted nuts 
9:00 PM	Sole fillet, peas, broccoli	Pulses, courgettes, peas	Chickpeas, courgettes, green beans	Pulses, green beans	Sole fillet, courgettes, green beans
TOTAL KCAL	3,100	3,300	3,200	3,400	3,300
PROTEIN	320g 	340g	340g	330g	320g
CARBS	300g	310g	300g	330gm	310g
BENEFIT	Mixing fish and white meat hits your protein targets	Start each day with eggs to give your muscles instant energy	Avocados are high in good fats to boost training	Today's meals will load you with amino acids for repair	Plenty of lean protein equals muscle without any extra fat



METABOLISE YOUR FAT

MH caught up with notable fitness expert, David Jack, to find out if metabolic training is indeed the Holy Grail for fat-loss and lean muscle gains

WORDS: REGI JENARIUS

A renowned sports performance and conditioning coach and global ambassador for **Reebok**, **David Jack** is a leader in the fitness industry. He is a consultant for major brands and publications such as *Reebok*, *Rodale*, *Men's Health* and *Women's Health*. On his maiden voyage to India, Jack travelled across the country using his talents to inspire, teach and share his knowledge with Reebok certified trainers. He hopes to change the way we perceive fitness.

WHY TRAIN THE METABOLIC WAY?

Most guys are interested in getting fit and getting fit fast. And in today's day and age that means building lean muscle tissue and burning fat in quick time. The workout programming is time efficient and effective; **it's about the maximum amount of work you can do in the least amount of time you can afford.**

WHAT MAKES THIS PROGRAMME SO EFFECTIVE?

Programming a metabolic circuit requires you to pair muscle groups in a way, where you work different muscles in different workgroups, so you don't fatigue your muscles before completing the workout. Creating protocols with opposing muscle groups, such as push and pull, legs

IT'S IMPORTANT TO MEET PEOPLE WHERE THEY ARE ON THEIR FITNESS JOURNEYS, AND THEN TAKE THEM AS FAR AS THEY'RE WILLING TO GO

and lats, overhead press and hamstrings are some examples of the combinations. Challenging them against the clock works to efficiently strengthen those muscles and keep you in a fat-burning zone. **The programming should allow you to get through the workout without burning out.**

SO IS IT MORE ENDURANCE BASED?

It actually works both on muscular and cardiovascular endurance. **You will also build strength of course, but it won't be the main criterion of the workout.** So, say you want to perform as many deadlifts and pull-ups as you can in a minute. You may probably end up performing three deadlifts

at 80 per cent of your max effort, followed by five-six pull-ups with a 20 second rest period between them, and a 40 second period after completing a round. You can load up more weight, but then you won't last for the entire duration.

WHAT DOES A CLASS TYPICALLY LOOK LIKE?

You would typically start with a warm up; this could be through a small pick-up game if you like. The routine could begin with three straight sets of front squats with a weight that allows you to perform five reps. If you can't perform that, you would do a goblet or a bodyweight squat. A pressing and a pulling movement would follow this, with a 45 to 60 seconds rest

period between them. You may then finish with a mini metabolic circuit. This could include running on a line, core moves, med ball throws etc...the choices are endless. On some days it's best to focus just on metabolic circuits: A five-minute warm-up followed by a 15-20 minute circuit, ending with a five-minute cool down.

IS THIS MEANT FOR ANYONE AT ANY LEVEL?

Principally, yes. You have to look into the movements you choose for clients. Any pain during or after performing a move, is a signal to stay away from that move. Also, if you can't perform the movements in the burpee for instance—squats, jumps and push-ups—you'll have to start by first mastering each of the moves separately before trying to combine them all. Make sure you know exactly how you need to feel at the bottom of a move and at the top. This is called 'owning the ends of a move'. Once you do, the middle takes care of itself. **It's important to meet people where they are on their fitness journeys, and then take them as far as they're willing to go.** If you pay attention to the minute details, the big picture takes care of itself.

WHAT IS METABOLIC TRAINING SUITED FOR?

I'm a huge believer in strength and in movement. Lifting weights has its own benefits. But don't just focus on making your body as hard and stiff as steel. Mix movement into your regime. Let that strength you build come to life in the world around you. **A well-planned metabolic training programme uses movement, bodyweight flows, dance movements, calisthenics and anything else that can be intelligently incorporated.** It needs to be designed as a fun flow of movements. But remember to begin with understanding the fundamentals of the movement and the strength needed to perform them, so you can make advancements as you move on.

HERE'S A METABOLIC BODYWEIGHT WORKOUT THAT YOU CAN DO ANYWHERE

Perform the following eight exercises as prescribed. Break the eight exercises into four blocks of two. You will perform each block of two exercises twice before moving onto the next block of two, working for 30 seconds and resting for 30 seconds two times. After completing the block, rest for 45-60 seconds before moving to the next block of two exercises. For exercises that work one side of the body at a time, perform the same side for the first 30 seconds and alternate to the other side.

After completing the two rounds of each block of two exercises, rest one minute and perform all eight exercises in a row (circuit style), working for 40 seconds and resting for 20 for each. For single side exercises, switch to the opposite side half way (at 20 seconds).

Your goal by the end of four weeks is to perform all of the exercises with good form for the prescribed amount of time, without stopping.

To keep your brain and body guessing, begin your workout with a different block each week. So, in week one, start at block 1. In week two, block 2, week three, block 3 and week four, block 4.

PUSH-UP WITH A T-REACH

Increase difficulty: Add two push-ups instead of one.



LATERAL LUNGE

Increase difficulty: Hold dumbbells.



ROLLING PLANK

Increase difficulty: Raise a leg in any position without moving any part of your body.



POWER SQUAT

Increase difficulty: Add a hop.



SPRINTER DIVE

Increase difficulty: Add a hop in between.



SWIPER

Increase difficulty: Stay at each end for three seconds.



ISOMETRIC BACK SQUEEZE

Increase difficulty: Hold for a longer duration.



RUNNING DRILL

Increase difficulty: Move faster, increase tempo.



RULES OF THE GAME

- Strengthen the foundation of basic movement patterns first, before getting into more advanced routines.
- You've got to be fully in tune with the terminology being used in class. You should understand what a three second down, two seconds at the bottom, and a one second up means, for instance.
- You need to own your fitness. Workouts need to be tweaked and modified to your ability, mood and body language at any given point in time.
- Building and nurturing the community in the gym is the best way to make it grow. When you step inside a class, your energy levels should be elevated and you should be rejuvenated before you step back out. That is a sign of a progressive fitness community.

SMALL MUSCLE, BIG GAINS

In our quest to beef up our 'show' muscles, we often neglect the smaller counterparts that hold them together



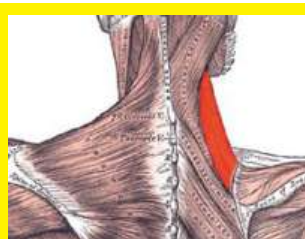
THE BODY SHOP
BY KAMAL SINGH

A certified Strength and Conditioning Specialist and a black belt in Taekwondo (World Taekwondo Federation, Seoul), Kamal Singh is a specialist in post-rehab fitness, functional training and physical transformation. He has been training athletes, homemakers, actors and executives for over 15 years

You know that feeling when you wake up in the morning and find it impossible to turn your head to the side because of stiffness? That's a good indication that your levator scapulae might be the culprit. These muscles originate from the first four vertebrae in the neck and insert into the top of the shoulder blade. It's the levator scapulae that are at work when you shrug your shoulders or turn your head to the same side. Although small in size, the levator scapulae can become quite bothersome if not taken care of.

HOW DOES THE LEVATOR SCAPULAE BECOME STIFF?

Typing on a keyboard, which is positioned too high is one of the causes for the levator muscles to be engaged. The levator scapulae elevate the shoulder blades. Since we spend several hours in this position, the levators are overworked, often leading to stiff necks and upper backs. Laptops are an ergonomic nightmare; especially if you're using one sitting at a desk. Your shoulders have to be raised to type on its keyboard. If the laptop is on the lap, then the



Overused Levator Scapulae and its implications for the fitness freaks

Almost all upper body exercises, whether they be overhead presses, chin-ups, bench presses or various types of rows, will get affected by a tight levator scapulae. This could lead to shoulder pain or upper back pain while working out.

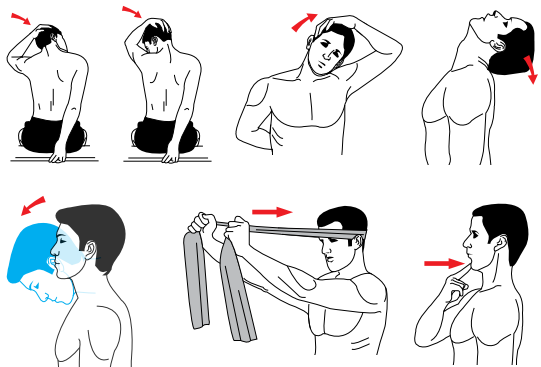
levator stops the head from rolling on to the chest while looking at the screen. Driving for long distances with the hands positioned at the top of the steering also raises the shoulders, which results in a stiff and painful neck. Sitting and working at a desk for long hours while staring at a computer has led to an epidemic of what is known as the Forward Head Posture. Here too, the levator works overtime as the head moves forward. This posture is a leading cause of neck, shoulder and upper back pain where the overused and stiff levator scapulae plays a crucial role.

WHAT CAN I DO ABOUT IT?

Using a computer at work is a reality we cannot escape, so preventive measures need to be put in at the work space. This can be done by raising the top of the monitor to eye level and providing support for the elbows while typing on keyboards which should be at waist level. If you're using a laptop, then consider getting an external keyboard and placing the laptop on a stand to raise it to eye level.

Frequent stretching of the neck and upper back is recommended to avoid stiffness. Do the following stretches at least twice a day to elevate the stiffness, holding the stretch for 45 seconds at least.

If stretching is not possible in your work environment, it can be easily done at home or in the gym. Certain aspects of modern living, like working on computers or driving long distances cannot be avoided. Thus, it's imperative to make sure the deleterious effects of such living can be avoided by having an appropriate fitness programme in place. As they say, a stitch in time saves nine.



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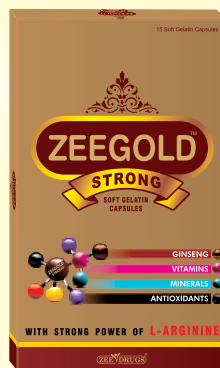
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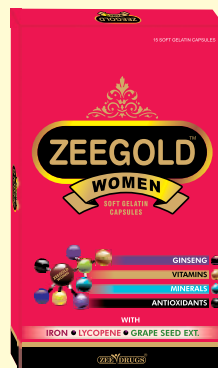
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ARE YOUR TRAINING GOALS REALISTIC?

Decipher fact from fiction, if you are serious about your training goals

You've most likely read, heard or stumbled upon several programmes and methodologies when it comes to building bigger arm muscles. What's misleading about the information is that most of the scoop is influenced by the likes of a bodybuilding champion or an expert of sorts who speak about 'tips and tricks' that works for them. You may not build 21 inch guns like the guy on the juice whose programme you may or may not be considering to get hooked on to by trying the techniques mentioned below, but it will help you distinguish between genuine training methodology from the 'bro science' out there.

FIRST BE CLEAR WHY YOU WANT TO TRAIN—FOR AESTHETICS OR FUNCTIONAL STRENGTH OR MAYBE A BIT OF BOTH

TRAIN AESTHETICALLY FOR SIZE AND SHAPE

The greater the time-under-tension that a muscle spends, the greater the stress placed on it, which further betters its chance of gaining size with repaired muscle fibres. Try to use a wide variety of exercises, angles and ranges to hit a muscle to get the most out of it.

CAN YOU BUILD A 'PEAKED' BICEP OR A PERFECTLY BALANCED 'SIX-PACK'?



The amount of peak muscle that you can build is dependent on your genetics and the predetermined shape and insertion of your bicep muscle. Your biceps are made up of two heads—the outer long head and the inner short head.

If the long head is well developed, then the middle part can make it look like it has a higher peak. Just don't expect to build Schwarzenegger like arms...you'll have to do much more than the norm for those!

You can also see such variations in a

well developed six-pack; where one side of the 'pack' does not match to the opposite side in size. Here, your genetic layout of your tendinous inscription gives shape to your rectus abdominus muscle, dividing it into a redetermined set of six-packs.

For example while training the chest, use the flat, incline and decline bench press to hit the pectoral fibres from different angles. Also, add dumbbell variations to allow for a greater range of motion. Along with the above mentioned compound movements; try adding isolation movements such as cable crossovers, peck deck machines and dumbbell flies to further load the pecs. If your primary interest is to build muscle size naturally, then a moderate weight and a rep range of six to 12 works best with a rest period of less than 60 seconds to build a greater amount of lactic acid. Maintain strict exercise form and perform between 12-15 sets

for a muscle group.

For the sake of variety, push yourself with heavier weights and lower reps to test your neuromuscular conditioning. Perform a week of heavy strength training after every five weeks of regular training.

FUNCTIONAL STRENGTH

Since speed and technique are the key to performing a functional action, such as hoisting a heavy object or while throwing a powerful punch, you would need to train for power (speed + strength) and maximum strength as well. Power can be developed by performing plyometrics for

the upper/lower body, Olympic lifts, kettlebell training, battle ropes, medicine ball throws, power training, etc. An often overlooked aspect of functional training is strength training, which involves lifts such as bench presses, squats and deadlifts. Also, try to add more movements which include rotation of the torso, as power producing movements involves rotating and recoting your body like a spring. Cable rotations performed with the cable pulled from your knee, waist and shoulder height is great for building rotational power as well. Add the Body Blade to work the core more effectively.



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GYM REVIEW

IT'S ALL ABOUT THE CORE

Mumbai's new CORE gym has all the trappings of a modern day fitness club, and some more

WORDS: SALIL JAYAKAR



THE FITNESS PLAYGROUND AND THE WEIGHTS AREA



"Pilates? You're going for a Pilates session?" my friend asked in all seriousness. "Yes." I replied, equally serious. Blame it on his ignorance, and mine. As gym going, weight lifting and testosterone fueled men, we both believed that Pilates was for women who didn't have it in them to sweat it out in a gym. But even as I write this, I'm a changed man. So much for all the clichés.

On the bustling Swami Vivekanand

Road in Santacruz West, Mumbai, in a non-descript steel and glass building, is CORE. "CORE is the amalgamation of fitness and nutrition. It's not only about external aesthetics but also about the inner self. I want to help people in being healthy from within," explains Krushmi Chheda, the brain behind CORE. Spread over 600 square feet area, CORE is a personalised fitness studio with a focus on Pilates. It also offers nutrition and physiotherapy consulting as well.

Seated in her comfortable office space, my personalised session with Krushmi begins. A series of questions on my daily routine, health issues and dietary habits follow. I undergo a five second digital

test to check my body composition i.e. fat, lean mass and water distribution. Minutes later, my report is on her laptop. Throughout, I'm impressed by Krushmi's eye for details and her unhurried nature.

Krushmi talks me through the basics of Pilates and what I can expect over the next 45-60 minutes. "I like to use Pilates for injury prevention, and not just recovery. I don't believe in making drastic changes. What I work on is their existing fitness level and aim to make it better. Because that's what CORE is about—not only strengthening core muscles of the abdomen and back, but also our inner strength, belief and energy," she explains.

We kick-start my session in the fitness studio with a

series of exercises using foam rollers to loosen the glutes and calf muscles. Next up are a series of ladder exercises on the floor, which has some innovative floor markings. Let me just add here that I haven't seen the inside of a gym for almost six months due to various reasons and I'm just recovering from neck spondylosis and a frozen shoulder. In less than 10 minutes, I'm already tired. But Krushmi is not. It's almost 7 pm and she's been at it for an entire day.

Warm-up done, Krushmi guides me through a series of exercises on the Pilates Reformer that basically involves using your core muscles and body strength. She explains what each exercise is for, demonstrates it and then runs me through each one of them at a resistance level, I am comfortable with. At every step, Krushmi guides me and corrects me if I'm doing something wrong.

"Breathe in, breathe out. Is the resistance level OK? Shoulders out, elbows up," come the instructions through quickly.

Finally, my frozen shoulder withstanding, I give the Olympic size bars a go. I can barely manage to pull myself up... a perfect 10? Well, almost.

WHY CORE?

What's on offer?

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A single pilates trial session of Pilates for an hour costs ₹3,000. Packages start at ₹16,000 for eight sessions (twice per week), ₹21,000 for 12 sessions (thrice per week) and ₹26,000 for 16 sessions (twice per week). Groups of two and four each can also avail group sessions priced at ₹9,000 and ₹6,000 respectively.

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- For anyone who focuses on flexibility and core strength.

GYM FACTS

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Telephone 022 26143991

Website www.krushmichheda.com

THE BODY WEIGHT WARRIOR CHALLENGE

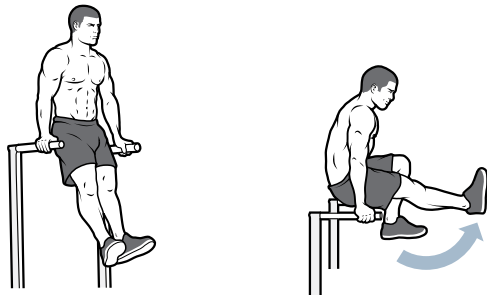
OBLITERATE FAT AND SCULPT AN ATHLETIC PHYSIQUE
WITH THIS BODY WEIGHT PLAN

WORKOUT A L-SIT PROGRESSION



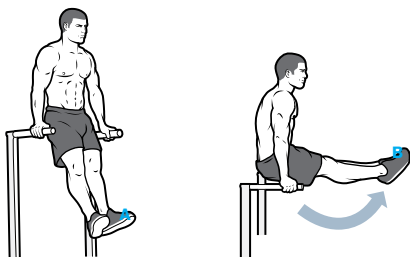
1 Knee Tuck

Support yourself between a pair of parallel bars or dip station handles with your arms straight (but not locked) and legs hanging. Raise both knees so your quads are parallel to the floor; hold that position for up to a minute, stopping two to five seconds short of technical failure—that is, the point at which you can no longer maintain good form. That's one set. Do five.



2 Knee Tuck Half Extension

From the Level one starting position, raise your left knee and extend your right leg. Hold as long as you can; switch legs and repeat. That's one set.



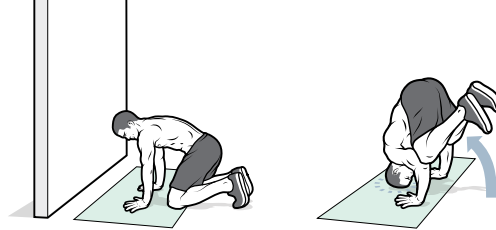
3 Full Leg Extension

From the Level 1 starting position, extend both legs so they're parallel to the floor. Hold the position for as long as you can.

▲ WHEN TO PROGRESS

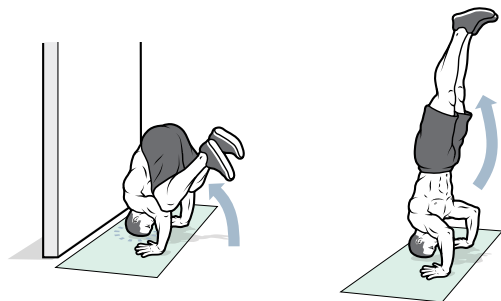
You must be able to perform three or more sets of 30-second holds or a single 60-second hold in order to move on to the next level.

WORKOUT B HANDSTAND PROGRESSION



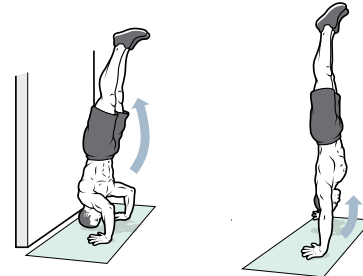
1 Tripod Hold

Place a mat on the floor by a wall for safety. Get down on all fours and face the wall from a foot away, fingers pointing forward. Plant your head on the floor between your hands, and bring your elbows close to your sides. Slowly push your hips up, lifting your feet off the floor and resting your knees on your elbows. Hold for as long as you can, stopping two to five seconds short of technical failure. That's one set. Do five.



2 Headstand Hold

Perform the Level 1 move, but pull your feet together and raise them until your body is perpendicular to the floor. Hold for as long as you can.



3 Handstand Hold

From the Level 2 move, push up into a handstand. Hold the position for as long as you can.

▲ WHEN TO PROGRESS

You must be able to perform three or more sets of 30-second holds or a single 60-second hold in order to move on to the next level.



MensHealth

INDIA

► 2015 POSTER SERIES

HANG ON TO YOUR MUSCLE

DITCH THE WEIGHT
RACK AND BUILD
EXPLOSIVE, TOTAL-BODY
STRENGTH WITH FOUR
ONE-MOVE WORKOUTS

PHOTOGRAPHY: SHIVANGI KULKARNI



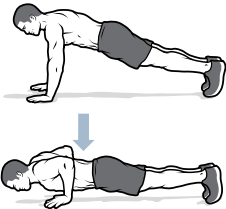
THE WORKOUT

STRIP AWAY BODY FAT

Street-workout athletes are proof that body weight can be as effective as iron for sculpting serious muscle. The key is to follow a programme of progressive intensity in which you master one variation of an exercise before moving on to a more difficult one. In each workout, you'll focus on a single variation of a fundamental body weight exercise. Once you master it, you can progress to the next, and more advanced variation.

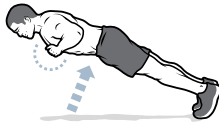
DIRECTIONS Complete each workout once a week. (Don't attempt three days in a row though.) Complete one set every five minutes to allow full recovery and maximum intensity. Stay active during your rest. Fill the rest of the time in each five-minute block with 10 to 20 reps of noncompetitive lower-body moves, such as lunges or hip thrusts. You can also do mobility work for your hips and shoulders. Move around in a deep squat, or kneel with your hands on a bench and sit back to stretch your lats.

WORKOUT C PLYOMETRIC PUSH-UP PROGRESSION



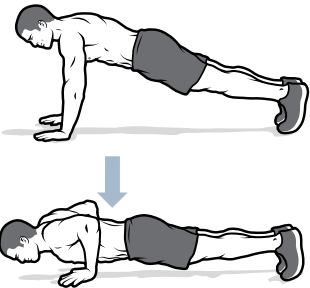
1 Chest Touch

Assume a push-up position with your arms straight and your hands slightly beyond shoulder width. Lower your body until your chest nearly touches the floor, and then push up forcefully enough for your hands to leave the floor. Touch your chest with your hands, and land back in a pushup position. That's one rep. Do as many as you safely can—up to 10—to complete the set. Do five sets total.



2 Hip Touch

After you push off the floor, touch the sides of your hips instead of your chest. Land back in a push-up position and repeat.



3 Knee Touch

Explode off the floor so that both your hands and your feet leave it. While airborne, pull your knees toward your chest and touch them with your hands. Land back in a push-up position and repeat.

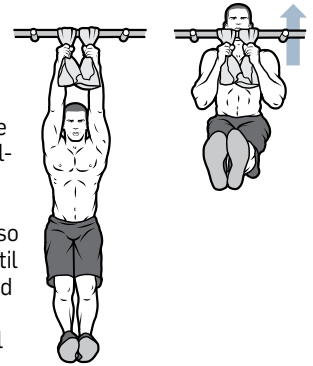
▲ WHEN TO PROGRESS

You must be able to perform three or more sets of at least five reps or a single set of 10 reps in order to move on to the next level.

WORKOUT D LATERAL PULL-UP PROGRESSION

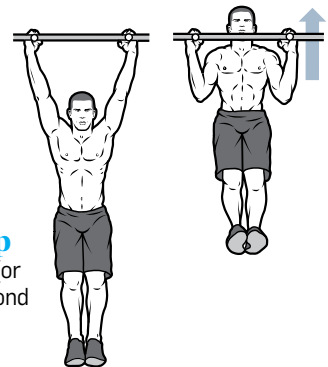
1 Close-Grip Neutral-Grip Pull-up

Drape two towels over a pull-up bar and grab the ends so your hands face each other. (You can also use neutral-grip pull-up handles if your gym has them.) Hang with your arms straight and your legs slightly in front of you so your body forms a wide C. Pull up until your elbows hug your ribs. Pause, and then lower yourself back to a dead hang. Stop one rep short of technical failure. That's one set. Do five.



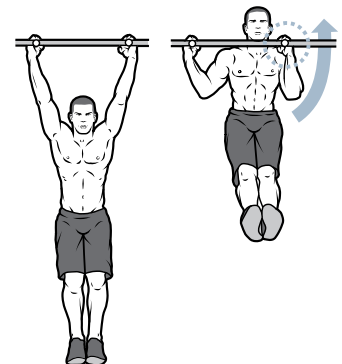
2 Wide-Grip Neutral-Grip Pull-up

Grab neutral-grip pull-up handles (or two towels) so your hands are beyond shoulder width, palms facing each other. Pull yourself up.



3 Wide-Grip Neutral-Grip Lateral Pull-up

Use the same grip as you did in Level 2, but now pull yourself up to the right so your left shoulder touches your left hand. On your next rep, touch your right shoulder to your right hand. Continue alternating.



▲ WHEN TO PROGRESS

Perform at least three or more sets of at least five reps or a single set of 10 reps in order to move to the next level.

MH REFINED



Make-up Over Macho

South Korea has the largest men's skin care market, with more rituals than just cleansing and moisturising (that suffice for the average Indian male). *MH* finds out the secrets behind that chic look

HERE'S THE 8-STEP KOREAN SKIN CARE ROUTINE

Wash – Take a generous amount of face wash, rub in a circular motion, then dab (not rub) your face with a soft towel.

Exfoliate – Scrub away dead skin and impurities. Do this once a week for dry skin and twice for oily skin.

Tone – An essential step, toning restores your skin's natural pH balance and cleans up the residue of your cleanser.

Essence – Brings a smoothness that is hard to achieve otherwise, the oil deeply penetrates the skin.

Mask – A mask helps in deep cleansing. Don't apply masks on a daily basis though; twice a week is enough.

Eye cream – Since the skin under your eyes is the thinnest, it is one of the first places to show ageing. Avoid if you have any allergies or very sensitive skin.

Moisturise – Moisturising lotions help lock in natural moisture. Best before heading out or hitting the bed. Also, don't forget to apply evenly on the neck.

Mist – Gives your skin a breather after all the layering of oil and cream. You can do this anytime of the day to refresh, especially after a long day at work. Perfect if you travel often for work.

WHAT ARE INDIAN MEN MISSING OUT?

1. Essence: It's a combination of toner+lotion+essence, all-in-one which enables men to add targeted skin care easily to a busy life, says Mini Sood, brand manager, Innisfree India. It relieves stress and helps improve skin turnover and skin texture, she adds.

How to use: Pump once or twice onto your palm and spread evenly on your face, Sood advises. Innisfree's Phytonicide has all the functions of a toner that settles the skin texture along with a lotion that softens the skin.

2. Mist: It helps overcome skin-fatigue with phytoncide complex, says Sood. Natural amino acid derivate leaves the skin refreshed and moisturised, without feeling sticky.

How to use: Carry the mist and spray whenever your skin starts to feel dry, says Sood. This can happen if you spend long hours in an air-conditioned room or stay out in the sun for long periods of time.

WHAT YOU CAN SKIP:

1. Toning: If you are using an all-in-one essence or mist, you could skip toning, as these products have the same features.

2. Exfoliating: Cleansing foams, Sood says, are enriched with mild granules which help in exfoliation. So, if you use cleansing foams, then skip exfoliation.



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What Women Want...

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Women can't stand...

Ear Hair

"When I say am a sucker for facial hair—it does not include ear hair! Keep it trimmed and those lobes clean-shaven!"

Sobhita Dhulipala, model

There are certain types of body hair that every woman can endorse: beards and mustaches, of course; but also legs, arms, and chest hair (under the circumstances that you don't resemble Big foot). But ear hair can be any woman's grooming nightmare. You want to keep yours happy? Here's the trick. Keep it super-tidy and trimmed and she'll be nothing but thankful.

Get it right

- **Tweezing:** If you have few stragglers, tweezing is an easy way to get rid of them for a couple of weeks. But putting a tweezer inside could risk damaging your ear drum.
- **Waxing:** A good option for removing hair on the outer ear, waxing removes the entire hair follicle from the root and can keep you hair-free for weeks.
- **Sugaring:** This method, like waxing, uses sticky sugar syrup to remove a lot of hair at once from the root. Great for sensitive skin, many agree that it hurts less than waxing.
- **Electrolysis:** Electrolysis takes multiple treatments to destroy the root of the hair. It has the best track record for permanent hair removal.



Women can't resist...

Clean Hands

"Being touched the right way can act as a powerful aphrodisiac – provided your hands are well-kept. Men with calloused and greased hands or uncut nails don't get anything more than a reluctant handshake from me."

Deepti Sati, model

You're lifting weights. You're working around the house. You're doing all those "manly" things that turns women on. But here's the rough truth: Women aren't a fan of being touched by, what feels like, sandpaper. It's a subtle trait, but not subtle enough that she won't notice, especially if yours are particularly rough or greasy from sweat. Keep them smooth so even a handshake can turn into something more interesting later.

Get it right

- Go for a monthly manicure to keep those nails clean, trimmed and ready to action.
- Suffering from calloused hands? Oil your hands before sleeping.
- Soak your hands in soap water for five minutes each day and scrub off the dead skin once done. Use gymming gloves to avoid further boils.
- Wash your hands before and after every meal.
- Ensure your nails are cut properly. Cut straight across the nail and file in one direction only, to prevent the nail from splitting.



ASK THE GROOMING GURU
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DR DEEPAI BHARDWAJ

Q

Palm Mystery

My hands have become dry with cuts in the centre of the palm. Please help!

ANURAG RAUTELA, GHAZIABAD

It seems like focal eczema which can be because of your gut, i.e., your gastrointestinal system. These eczemas are often weather related and I would recommend you to keep the skin nourished and well moisturised throughout the year. Also, a steady intake of Omega-3 fatty acids and essential oils in your diet will help in maintaining skin hydration and nourishment. Additionally apply ointments which contain coal tar, salicylic acid and urea base.

My facial skin is extremely dark in contrast to the rest of the body. What can I do?

MAHESH DHYANI, DELHI

Tanning is an issue often neglected and not using sunscreen just adds on to the trouble. Keep an SPF 26 handy and apply it 10-15 minutes before going in the sun; reapply if sun exposure is constant for the next three hours. At night, apply creams which contain arbutin, kojic acid and azelaic acid. Also, take Vitamin C and coenzyme Q10 as supplements or in dietary form. Here's a simple home remedy: Apply a mix of tomato juice, lemon juice and sandalwood powder.

Dr Deepali Bhardwaj, a dermatologist and laser surgeon, is the founder and director of Skin and Hair Clinics across Delhi. She has to her credit numerous awards and fellowships. She is a certified "Doctor of Excellence" from Deka Lasers, Italy

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THE SPOILS



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KAREENA KAPOOR KHAN

WHY WE LOVE HER, AND WHY YOU SHOULD, TOO...

Kareena Kapoor Khan is clearly having a good year. Still riding high from the success of her latest film *Bajrangi Bhaijaan* (we're talking ₹626 crore worldwide), Mrs Khan recently grabbed headlines when she celebrated her 35th birthday with much pomp and splendour at the Pataudi Palace, husband Saif Ali Khan's ancestral home, along with sister Karisma Kapoor, and friends. Known for her flawless style and ever-present aura of self-confidence, she has dominated every character she has played, be it the sex-worker with a heart of gold in *Chameli*, the outspoken *Punjabian* in *Jab We Met* or the sexy siren in item songs such as *Fevicol* in *Dabangg 2*. With her age making no difference to her unmatched charm, Bebo will be seen next in *Udta Punjab* with ex-boyfriend Shahid Kapoor, depicting her true professional skills. Look out, 2016!

ARUSHI SHARMA



RESTAURANT SPY

WHERE *MH* TAKES A NUTRITIONIST ALONG TO CHECK OUT A POPULAR RESTAURANT'S UNDERBELLY. THIS MONTH, IT'S JADE AT THE CLARIDGES IN NEW DELHI

NUTRITION EXPERT JIA SINGH PICKS HEALTHY FOOD FROM CHINESE CUISINE

WORTH
Feasting

A Shade of Jade

With all the concerns regarding MSG, is there no healthy way of eating Chinese anymore? Nutritionist Jia Singh goes on a behind-the-scenes trip to Jade at the Claridges and simplifies your next Chinese excursion



TAKE AN AUTHENTIC CHINESE FOOD TRIP AT JADE



Authentic (and delicious) Chinese food can be hard to find, especially for those who are used to their Indianised counterparts, but the minute you enter Jade, you know you're up for an authentic treat.

Their menu includes everything from the traditional hot and sour soup, sesame chicken and spring rolls, to a more exotic variety of meats that include lobsters, pork loins and scampi.

Eating dumplings with copious amounts of soy sauce, or poultry or fish that has been batter fried, can wreak havoc on your diet and derail you from your fitness and weight goals. I always end up reserving Chinese meals for treats and special occasions because I get a

lot of water retention and I'm often afraid of cross contamination.

All my fears were put to rest when I explained to Chef Sahil Sabhlok that I was avoiding gluten and sugar. He was kind enough to prepare dimsums and dumplings made with potato and tapioca starch that were absolutely delicious and free from any wheat and any form of gluten derivative.

I highly recommend these regardless of whether you are gluten free or coeliac, the dimsums are melt in your mouth delicious with the perfect ratio of casing and stuffing.

For soup, I would recommend either a clear soup with veggies and egg drop and no cornflour or other

thickeners—especially if you are watching your carbs.

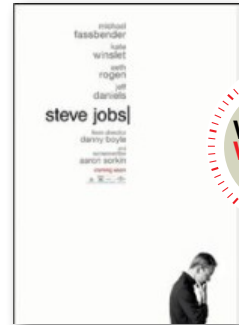
Try the chicken and tofu or the mushroom and seafood but ask for it without any thickener. For main course—I recommend the hunan style steamed fish with a side of bok choy in a light soy sauce for a meal that's healthy, light and satisfying.

For those of you who are carbing up and trying for lean gains, you can have a small portion of rice or buckwheat soba noodles on special request.

Just remember, eating sensibly even when you are eating Chinese isn't impossible. Bon Appetit!

JIA SINGH

JADE, THE CLARIDGES
12, Dr APJ Abdul Kalam Road,
Near Lodhi Road, New Delhi
Ph: 011 39555072



WORTH
Watching

Cinematical

STEVE JOBS

Legendary director Danny Boyle's (who gave us *Slumdog Millionaire* and *127 Hours*), much-anticipated *Steve Jobs* is all set to release this month. With Michael Fassbender in the lead, accompanied by a stellar cast that includes the likes of Kate Winslet, Seth Rogen and Jeff Daniels, you'll see a dynamically character-driven portrait of the brilliant man at the epicenter of the digital revolution, as he prepares to launch the first Macintosh. Even if you're not an Apple fan, this one's bound to be a classic.



WORTH
Listening

Take Note

BRYAN ADAMS: GET UP

Multi-platinum recording artist Bryan Adams is back with the release of his much-awaited 13th album—the first album of new material in seven years—on October 16. Titled *Get Up*, the album features nine new songs including an instant-gratification track *You Belong To Me*, followed by the lead track *Brand New Day*; the latter's official music video will star award-winning actress, Helena Bonham Carter. For anyone looking for a solid collection of beautifully-crafted rock songs, along with some fast and furious up-tempo tracks, this one's a keeper.



JAGUAR'S NEXT BIG THING!

LET'S TAKE A LOOK AT WHAT JAGUAR'S LATEST CROSSOVER, THE F-PACE, IS ALL ABOUT

When the world is starting to warm up to crossovers, Jaguar has decided to introduce an ace. Enter the new F-Pace, Jaguar's first ever performance crossover vehicle. Somewhere between a sportscar and an SUV, the F-Pace is powered by a 3.0-litre V6 diesel engine, which churns out a mind-numbing 300bhp and is mated to an 8-speed automatic transmission. These figures are good enough to send even the quickest sportscars into hiding.

The F-Pace comes with shiny red brake calipers, full-LED headlights with LED 'J' blade DRLs, a panoramic roof, illuminated metal scuff plates and configurable interior mood lighting, which are just a few of the luxurious features included as the standard. On the inside, it has an intuitive 10 inch tablet style touchscreen, which can be used to control every function. Using the specially developed apps, one can connect up to eight devices at a time. The upholstery is draped in leather

with a gloss black trim finish that looks and feels uber-luxurious. The F-Pace is shod with double helix 22 inch alloy wheels, which not only look cool but provide a phenomenal grip. The inaugural edition of the F-Pace will be manufactured in limited numbers, 2,000 to be exact. So, should you want this piece of exclusive and first of its kind performance crossover, it will set you back by a mere ₹66.5 lakhs! And that's duties and all taxes excluded.

KINGSHUK DUTTA



SKRILLEX MAKES INDIAN DEBUT

THE FATHER OF MODERN DUBSTEP PREPARES FOR 4-CITY TOUR



If you claim to be a dubstep fan and "Scary Monsters and Nice Sprites" isn't on your playlist, we'd refuse to believe you. Skrillex, the undisputed master of versatile EDM, has announced an extensive Asia tour, which includes not one, but four pitstops in India! The six-time Grammy winner will make his Indian debut this October where he'll share his unique fusion of genres that include everything from Electro House to MetalCore, and even Reggae. Side note: He's expressed interest in working with Honey Singh. Punjabi Dubstep anyone?

October 8: Bengaluru, October 9: Hyderabad; October 10: Mumbai; October 11: New Delhi.

WORTH Attending



iPhone 6S

GETS A 3D MAKEOVER

Apple lovers rejoice! (Or cry, depending on when you bought your last iPhone). This version is identical to last year's model, but the iPhone 6S duo have a new "3D Touch" feature, a pressure-sensitive display technology that lets you move around more quickly. It also has a formidable 12 MP rear camera and a 5 MP front camera and iOS 9, which brings more proactive assistance, powerful search and improved Siri features, all while protecting users' privacy. Better yet: The price will remain the same as its last year's counterparts!

WORTH Reading



Take Note

YES, MY ACCENT IS REAL KUNAL NAYYAR

Big Bang Theory's Kunal Nayyar wants you to know that his Indian accent is, in fact, real. Born in London and raised in New Delhi, Nayyar debuts his upcoming memoir with a collection of hilarious and inspiring essays describing everything, from his early years growing up with his James Bond-loving father and his expert advice ("And, when in doubt, use a spreadsheet") to his first awkward kiss, to his extravagant wedding to former Miss India Neha Kapur. Not bad for a misfit astrophysicist, we might add.

WORDS: ARUSHI SHARMA

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Every Man Has A Right To...

1 The Remote Control
Especially when there's a big sports event playing live on TV, or its replay. Have yourself checked if you'd rather have the tear-fest of reality shows over the true drama that sportsmen in battle show.

2 Say No
To watching chick flicks in cinemas, specifically. Convince your date to spare yourself from the formulaic plot, hammy acting, and expensive popcorn. Say you will relent it for her and watch it at your/her place to make things more intimate.

3 Beat His Chest
You have got to play this pretty close to your chest. Plus you can only do this once in a blue moon, but understandable that your testosterone

can make you do stupid things. So unless you want people to stay mad at you, be a jackass—privately. Yell your lungs out with a Tarzan call. Just don't yell at someone.

4 Play Whenever
Be it your favourite sport or video game, manhood doesn't entail letting go some of the joys of the your youth. And if your wife says otherwise, just tell her it's one of your tools of parenting: You are training so you can tell whether your kid will be a jock a computer whiz, both, or none of the above.

5 A Return Favour
When #2 isn't enforced, this will be useful. And if you don't know your way in using this right, you are most

probably not married yet or haven't had a serious relationship.

6 Appreciate Beauty
If you are already hitched, the keyword is—appreciate. If you are not, then what are you waiting for? Make your move already.

7 Complain About What She Is Wearing
While we may not be knowledgeable when it comes to style, we still know what looks ugly.

8 Guy Time
Be it hanging out with our bros or allowing us to do #1, it is an important exercise that allows us to miss our women more. Ask yours this—would she rather that you miss some other girl instead? Don't think.



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FOODS THAT BOOST ENERGY

GET DRUNK TO DETOX, P43

GAURAV ARORA
"When I was fat, I had no confidence, no friends, no girlfriend!"

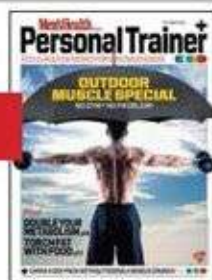
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